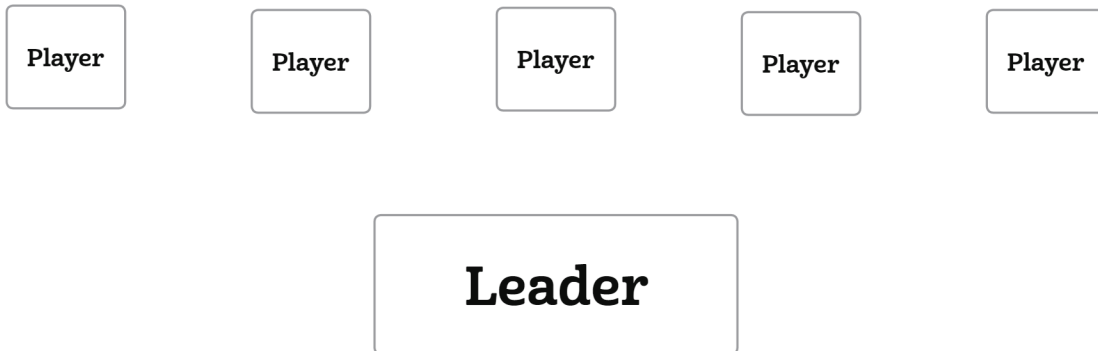


# Simon Says

## DIRECTIONS

This is a game that builds executive function skills: attention, following directions, and memory skills.



## REQUIREMENTS

At least three people, but more make for more fun.

## SET-UP

Designate one person to be Simon – the Leader; the others are the players.

Standing in front of the group, Simon tells players what they must do. They start off by saying “Simon Says ...”

## OBJECT OF THE GAME

Follow directions and stay in the game for as long as possible! The last player standing wins and becomes the next Simon. If you’re Simon, the object is to try to trick the players to follow your commands when they shouldn’t.

## WHO IS SIMON?

Simon the leader who calls out the instructions of the game. Simon typically changes as the game proceeds.

## **PLAY**

Each turn, players must only obey commands that begin with the words “Simon Says.” If Simon says, “Simon says touch your ears,” then players must touch their ears. But, if Simon simply says, “jump,” without first saying “Simon says,” players must not jump. Those that do jump are out.

Suggested command: add “Simon says” before as many of these as you like, but not all! Feel free to come up with your own commands.

1. Touch your ears
2. Touch your toes
3. Turn to the left
4. Turn to the right
5. Walk backwards three steps
6. Walk forwards three steps
7. Hop on your right foot 5 times
8. Wave your arms above your head
9. Jump up and down
10. Hold your arms out to the side and make circles with them
11. Touch your right ear with your left hand
12. Touch your left knee with your right hand
13. Turn yourself all the way around to the left
14. Turn yourself all the way around to the right
15. Clap your hands 3 times
16. Clap your hands 3 times and then touch your nose
17. Balance on your left foot while counting to 10
18. Bend down and touch your toes 10 times
19. Pretend to jump rope
20. Wiggle your nose
21. Put your hands on your hips
22. Give yourself a hug

## **ENDING THE GAME**

To end the game, the leader says, “This is the last direction.”