

# Mother, May I?

## Primary Objectives

- 4. Demonstrates traveling skills
- 5. Demonstrates balancing skills
- 8b. Follows directions

## Why It's Important

A simple sequence-of-movement game like “Mother, May I?” encourages your child to follow more complex directions. It also helps her strengthen large muscles and develop coordination.

## Materials

Large open floor space or outdoor area

## What You Do

1. If possible, include other children in the game. Explain to your child and the other children that you will be playing a game together called “Mother, May I?”
2. Tell them that you are the “mother.” Stand at least 10 feet away from the children and encourage them face you.
3. Request that your child perform a specific large-muscle movement (e.g., hop, skip, jump, or walk). *Take five baby steps.* Encourage her to respond, *Mother, may I?* Respond, *Yes, you may.*
4. Continue to give each child a turn until one of them reaches you. Invite her to become the “mother.”
5. Observe how your child follows directions. To make this activity more challenging, give your child a direction that includes three or more steps. *Take 1 giant step, 3 tiptoe steps, and 2 leapfrog jumps.*
6. Continue the game for as long as your child is interested.