

HOW TO FOLLOW DIRECTIONS

How do you do when someone gives you instructions? Do they ask you to get them a pen, only to have you return half an hour later with a stray kitten? Or are they able to give you a complex list of instructions, just tell you once, and you nail it first time?

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- Have your parents give you instructions of things they want you to do. Perhaps it would be like, “Fetch the newspaper, pull out the funnies, and give them to Melissa and give the coupons to mom. Then look for yesterday’s paper and make sure that goes into recycling.”
- Do this for five tasks. See if you can get up to eight instructions in one list that you can follow.

Following instructions is an important part of life. Fortunately, there are some things that you can do to improve this skill.

1. When a person is giving you instructions, make sure you get rid of all distractions. Don’t be texting, watching the TV, shampooing your weasel, or whatever other activities you might like to do. Now is not the time for multitasking.
2. Repeat back to the person what you are being asked to do. This will ensure that you have heard correctly and will make sure that there are no misunderstandings.
3. If need be, break the instructions down into simpler tasks. This can help you get your head around what is expected of you. Numbering the tasks can help too. That way you know, for instance, if you return and have done only two steps instead of three, you have forgotten something.
4. I like to use my imagination, when someone gives me instructions. I imagine myself doing it, and then, when I go to do it, I have a mental picture of what I am doing. It’s almost like doing it for the second time from memory.



Okay, these are somethings that have helped this old bear over the years. Try these out, especially number 2, that can make a huge difference.