

*Thank you for downloading*  
**Listening Strips**  
**Following Directions:**  
**Silly Movements**

To Use:

Hole punch corner and connect with binder ring for easy access!

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For classroom or personal use only.



# Following Directions: Silly Body Movements

Based on Auditory Learning Guide

Sentence Level Step 6: Recall four or more critical elements in a message to follow multiple element directions

**Touch your nose, then  
jump on one foot**

**Give me a thumbs up  
after you touch your toes**

**Spin around slowly while  
singing the ABCs**



**Do five jumping jacks,  
then touch your left foot**



**Clap your hands 4 times  
after you touch both ears**



**Quietly count to 5 while  
jumping up and down on  
one foot**



**Close your eyes, put one  
hand on your head and  
one hand on your belly**

**Rub your belly after you touch the ground with both hands**

**Stomp your right foot before you stomp your left foot**

**Blink 6 times after you stick out your tongue**

**Touch your nose with one finger, then pat your head**



**Wiggle your arms, then  
jump up and down 2 times**



**Touch your hair before  
you touch your knees**



**Blow a kiss after you sit on  
the floor**



**Touch your shoulder with  
one hand, then touch your  
knee with the other hand**



**While jumping up and down, spell your name**

**Before you wiggle your legs, sit on the floor**

**Use your left hand to wiggle your right ear**

**Touch your nose and your toes at the same time**



**Put your hands in the air  
after you snap 2 times**



**Shake your right foot  
while jumping up and  
down**



**Touch your forehead with  
2 fingers for 5 seconds**



**Touch your toes after you  
reach for the sky**

**Close your eyes, then  
touch your chin with your  
thumb**

**Hop on your right foot for  
10 seconds**

**Cross your arms before  
you spin around 4 times**

**Do 2 jumping jacks after  
you touch your elbow**





**Smile while you give me  
two thumbs up**



**Blow a kiss before you  
wave goodbye!**

