



# Multi-step sequencing/Motor Planning

A child's ability to understand or come up with a task (ideation), plan out a response to the task (organization), and carry out the task (execution)

## Red flags:

- Difficulty completing routine multi-step tasks such as getting dressed or gathering backpack
- Forgetting some steps of an activity (remembers the first and last but not the middle)
- Difficulty following along in classwork or getting task done by themselves

## Activities:

- Cooking
  - Have child follow a simple recipe, add pictures or a YouTube video of the steps for a visual
- Making a craft
  - Find crafts for child to make for the holidays! Have them work on gathering the needed supplies based on the picture of the finished project
- Grocery shopping
  - Have child help get the groceries, for example when in the produce section ask them to go retrieve 3 items and see if they can remember and bring them back to the cart
- Video tape child doing activity or watch video of others doing the task
  - Example: brushing teeth, video tape and then watch together to talk out the steps
  - Keep videos short 30 to 60 seconds, if longer task shorten into steps or parts
- Make visuals to hang up that has the steps of an activity for child to follow



This Photo by

## My Morning Checklist

	eat breakfast
	put dishes in sink
	use the bathroom
	brush teeth
	wash face
	get dressed
	make bed
	gather things for school
	put on shoes

<http://www.MrPuffBlows.com>

Example: steps of morning routine (get dressed, eat breakfast, pack backpack, put on shoes and jacket)

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## Websites to explore:

- <https://accessiblechef.com/>
- <https://makinglearningfun.com>
- <https://littlebinsforlittlehands.com/how-to-make-slime/>
- <https://pinterest.com>
  - Search crafts

