

READY STEADY...GO

Did you know that simple words like “Go!” and “Stop!” are often some of the first action words children learn? A fun racing game is a great way to help your child practice these words. However, games like ‘Ready, Steady Go’ also support important early communication skills and can provide opportunities to help your child to learn how to take turns in interactions, make eye contact, and build anticipation. These are all key building blocks for developing language and communication skills.



EQUIPMENT

You will need:

- A long cardboard tube OR flattened cardboard box
- Toy cars / vehicles

You also need...

- A chair or the bottom of some stairs.

OTHER WAYS TO PLAY

‘Use a marble run – Saying ‘go’ as you take in turns to drop the marbles in the top.

Take in turns to kick a football against a wall or into a goal and then saying goal when it meets the target (You could have a variety of balls to choose from)

Use cups and jugs at bath time and taking turns to fill them up and waiting for ‘go’ (Remember not to put all the cups or jugs in at once so your child can ask for more even if this is by reaching.

You can also build on the words if you want by changing ‘go’ to fit the activity.

E.g. Ready steady.... roll/kick/pour

HOW TO PLAY

Put the flattened cardboard box or tubes up against a chair or the bottom of the stairs to make a ramp. - You can even add a start sign at the top.

Place a car at the top of the ramp and say “Ready Steady...(leave a brief pause and look at your child)... GO!” Watch the cars zoom down together and see who’s reaches the bottom first.

Repeat the activity several times, gradually building in extra elements such as:

- Pausing before ‘go’ to see if your child can fill the gaps with a word or noise.
- Pausing before ‘go’ to see if your child looks at you in anticipation of you saying ‘go’
- Talking about the choices of the vehicles. For example “do you want the car or bus?” whilst showing these in your hands or pointing.
- Using ‘your turn/my turn’ to see if you child can choose the cars for the turn for both of you OR you can take in turns racing your car.
- Using a silly word instead of ‘go’ to see if your child picks up on the difference. E.g: “Ready steady.....monkeys”