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No-Prep Therapy Activity: Following Directions with Winter Penguins

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- Put a star over the penguin that is sliding on the ice.
- Touch the penguin that is wearing a red Santa hat.
- Draw a square around the penguin holding a present.
- Underline the penguin standing in the box.
- Point to the penguin singing a song.

These adorable winter penguins are here to help you practice speech and language and occupational therapy skills! Use the prompts below to practice following one-, two-, and three-step directions. See below for additional activity ideas.

Materials Needed

- One copy of the "Winter Penguins" page for each student
- Coloring utensils



Before You Begin

- Print a copy of the "Winter Penguins" page for each student, then select and read the desired directions for the students to follow.

One-Step Directions

- Circle the penguin building a snowman.
- Point to the penguin catching a fish.
- Underline the first penguin in the bottom row.
- Circle the penguin wearing red gloves.
- Draw a hat on the penguin drinking hot chocolate.



Two-Step Directions

- Circle the penguin wearing a Santa hat, then name a winter month.
- Count to five, then draw a scarf on the first penguin in the bottom row.
- Draw a hat on the penguin sliding on the ice, then underline the penguin building a snowman.
- Say your name, then draw a snowflake over the penguin wearing red gloves.
- Circle the penguin catching a fish, then waddle like a penguin to the door.
- Underline the penguin holding a present, then touch the penguin that is running.
- Point to the first penguin in the second row, then draw boots on the last penguin in the second row.
- Draw a bow on the penguin in the present, then name a winter animal.
- Name a winter clothing, then touch the last penguin in the first row.
- Underline the penguin singing a song, then sing your favorite song.





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Three-Step Directions

- Circle the penguin building a snowman, touch the first penguin, then name a winter animal.
- Touch your feet, draw a hat on the penguin drinking hot chocolate, then point to the penguin sliding on the ice.
- Underline the penguin in the present, draw boots on the penguin holding the fish, then name a winter month.
- Draw a scarf on the penguin wearing red gloves, point to the penguin catching a fish, then waddle like a penguin to the door.
- Name a winter sport, touch the penguin sliding on the ice, then draw a snowflake over the penguin that is singing.



Additional Activities

- Cut out the penguins and use them in a winter-themed sensory bin.
- Print two copies of the penguins. Cut out each penguin and use them for an open-ended memory or matching game.
- Play penguin charades. Print two copies of the penguins. Cut out the penguins from one copy and place them face-down in a pile. Take turns drawing a card and acting out what the penguin is doing, wearing, etc. The other player must then point to the matching penguin.
- Practice verb tense and identifying/labeling verbs by talking or writing about what each penguin is doing.
- Practice articulation by having students make phrases or sentences to describe the penguins using their correct speech sounds, or use the following sentence starters to target a variety of speech sounds. Fill in the blank with a description of a penguin from the picture.
 - o The penguin really likes ____.
 - o Peter the penguin ____.
 - o Each winter, the penguin ____.



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Winter Penguins

