



**Learning the difference between left and right can be difficult for many children. Left and Right Rings make it fun and easy!**

Here are some ideas to get you started.

### **“Hokey Pokey”**

Have each child wear both left and right rings. Sing the traditional song with children following the directions.

*You put your right hand in.*

*You put your right hand out.*

*You do the Hokey Pokey, and you shake it all about.*

*You do the Hokey Pokey, and you turn yourself around.*

*That's what it's all about.*

Continue with your left hand, right foot/left foot, right shoulder/left shoulder, right elbow/left elbow, and so on.

**Variation:** For younger or more inexperienced children, or children who are really struggling with this concept, have them wear just one ring (either left or right). Sing the song using only that side of the body.

### **“Simon Says” Directions**

Play this familiar game with a small group of students, or play it outdoors where you have more room. Have children wear both right and left rings.

Include directions such as the following:

*Raise your right hand.*

*Shake your left hand.*

*Hop on your right foot.*

*Stamp your left foot.*

*Step to the right.*

*Turn to the left.*

As children understand the concept better, you may wish to give more complex instructions such as, “Touch your left knee with your right hand. Put your left hand on your right shoulder,” etc.

