



**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.*

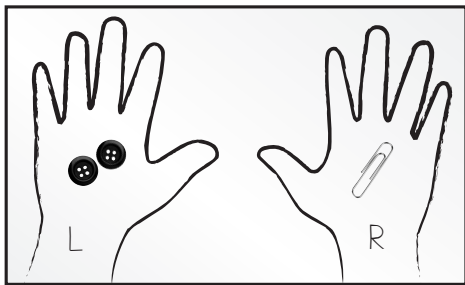
As children understand the concept better, you may wish to give more complex instructions such as, “Touch your left knee with your right hand. Put your left hand on your right shoulder,” etc.

## Following Directions Treasure Hunt

Hide a small toy or other object somewhere in your classroom. Have a child or small group of children wear rings. Give children directions such as, "Walk three steps forward. Stop. Turn right and walk five steps. Stop. Turn left. Walk ten steps," etc. until they have reached the location where you have hidden the toy.

## Give Me a Hand

Give each student a sheet of construction paper. Then have children place their hands, palms down, on the paper. Trace around their hands with a crayon or have children work together to trace one another's hands. Have students wear both left and right rings. Instruct children to label their traced hands *L* and *R*, using their rings as a reference. Then work with groups of children to play a game. Provide markers such as paper clips, plastic counters, buttons, or other small objects. Have children use the paper with the traced hands as a game board or work mat. Give children directions such as, "Place a paper clip on your right hand. Place two buttons on your left hand," etc.



## Opposite Directions

Have children wear both left and right rings. Pair children up and have them stand opposite one another. Then give directions such as, "Raise your right hand. Wave your left hand. Use your right hands to shake with one another and say, 'Nice to meet you.'" Point out that when you are facing someone that person's right and left hands are opposite yours. This is a difficult concept, and children will benefit from repeated exposure to it.

## All-day Learning

Have children wear one or both rings all day long. (If this interferes with writing, have them take the ring(s) off as necessary.) Throughout the day, make requests such as, "Raise your left hand if you want to play soccer at recess today. Raise your right hand if you know the answer to the math problem; raise your left hand if you don't," etc.

**Look for AlphaRings (EI-1006) for hands-on alphabet learning!**

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