

## Name of Activity

*Sitting Tolerance for John Doe*

## Objectives

*To increase the amount of time sitting at a table when playing with manipulatives and learning to count*

### Step 1

*Establish a comfortable seat and sitting position for John prior to getting him to sit. Have it ready*

### Step 2

*Prepare by doing some movement exercises to music before sitting. Include the special song to prepare him for what is coming - "We are marching"*

### Step 3

*Establish a routine of how to sit in the chair, verbalize and do the routine: feet flat, sitting straight - Sitting down song*

### Step 4

*Use music to engage John --> use the manipulative, one object per counting - 10 fat sausages*

### Step 5

*Repeat using 1 2 3 4 5, Once I caught a fish alive. Live manipulatives in a row as we sing the numbers*

## FINAL STEP

*Allow John to continue in free play timing the free play section as well as the overall sitting session*

## Objectives Met

3m	125 sec								
----	---------	--	--	--	--	--	--	--	--