According to the Clinical Guidelines of the Royal College of Speech & Language Therapists (www.rcslt.org/resources, 2005) and the National Stroke Association (2006), the following therapy principles are supported:

- Communication, both verbal and nonverbal, is a fundamental human need. Meeting this need by facilitating and enhancing communication in any form can be vital to a patient’s well-being.
- Therapy should include tasks that focus on semantic processing, including semantic cueing of spoken output, semantic judgments, categorization, and word-to-picture matching.
- Therapy may target the comprehension and production of complex, as well as simple, sentence forms.
- Therapy should be conducted within natural communication environments.
- Rehabilitation is an important part of recovering from a stroke, and the goal is to regain as much independence as possible.

This book incorporates the above principles and is also based on expert professional practice.
About the Author

Kathryn J. Tomlin, M.S., CCC-SLP, has been a speech-language clinician in hospitals, rehabilitation centers, and in long-term care facilities for over 25 years. She has authored many materials with LinguiSystems over the last 20 years. Some of her works include:

WALC 1 (Workbook of Activities for Language and Cognition)– Aphasia Rehab
WALC 2–Cognitive Rehab
WALC 8–Word Finding
WALC 9–Verbal and Visual Reasoning
WALC 10–Memory
WALC 11–Language for Home Activities
The Source for Apraxia Therapy

Zanmi, Kathy’s Samoyed, goes to work with her to encourage the clients. Her clients enjoy feeding and spending time with Zanmi, and Zanmi enjoys their company. Everybody wins!

Dedication

This book is respectfully dedicated to Danielle Fedele. Thanks for all your help in using the exercises in this series of books. I couldn’t have done it without you. May your journey in the world of speech/language pathology be fulfilling and fruitful.
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Introduction

Following directions is an integral part of our daily communication and functioning. We have to follow directions in various ways for a multitude of activities every day. We follow directions when we use a recipe, carry out the responsibilities of a job, build something, pay our bills, drive to a new location, and so on. The ability to follow directions is frequently impaired in someone who has language or thinking difficulties. Life and communication can become very confusing and frustrating when the ability to follow directions is impaired.

Many factors can hinder one’s ability to follow directions, such as:

- Difficulty understanding language or concepts due to aphasia.
- Difficulty with mentally manipulating information and then acting upon it.
- Impulsivity, causing action before receiving and analyzing all pertinent information.
- Difficulty following a multimodality task.
- Perseveration, causing an inability to shift from how one task is done to a different method.
- Difficulty attending to and completing multi-step activities.

The exercises in Just for Adults: Following Directions have been developed to address different forms and processes involved in following directions. In some of the sets of activities, the items get progressively harder. The later exercises use the underlying processes targeted in the initial exercises.

The exercises can be done in multiple ways.

- Have clients read items silently and complete them independently.
- Have clients read task items aloud and perform the action or write the response. In general, performance improves when a person has multi-modality input (i.e., hearing it while reading it.)
- Read the items to the client and have the client respond appropriately.

On page 6, you will find a screening tool that is not to be used as a test but rather as a way to observe a client’s use of strategies and reasoning patterns. Some questions to think about while observing how the client completes the screening include:

1. Does the client need to use verbal rehearsal to aid comprehension?
2. Is the client impulsive, and does his impulsivity lead to errors?
3. Does the client read too much into the task and become confused?
4. Is the client aware of his error responses?
5. Does the client ask for clarification when having difficulty or does he just keep going, whether the item is understood or not?
6. Does the client miss salient information?
7. Is the client able to think convergently and divergently?
8. Does the client have trouble shifting from one task to the next?
These guidelines will help you present the activities in this book.

- The exercises are not for testing purposes. Try to make them as enjoyable as possible. Talking about the specific task items, particularly when correcting error responses, will help to improve the client’s ability for achieving the goals. Do not get into debates if the client is unable to see another viewpoint for a response. Just move on to the next item.

- Review common direction words and practice the appropriate motor response before beginning a section of activities. For example, ask the client to draw a circle, a box, or underline. Write examples on index cards for future reference if necessary.

- Help the client associate directions to appropriate body parts before asking him to follow the direction. For example, when he hears the word *wink*, which body part does he associate with it?

- Be flexible with presentation and accept answers that differ from your viewpoint if the person can give a logical explanation. The answers in the Answer Key are provided as a reference and are not intended to be all inclusive.

I hope you and your clients find these exercises enjoyable and beneficial.

Kathy
Screening

1. Rub your arm, blink your eyes, then touch your knee.

2. Underline the coldest. Then, put an X on the tool.
   - bath
   - pliers
   - icicle
   - coal

3. Cross out any word that begins and ends with S.
   - stamp
   - scissors
   - barks
   - sixes

4. If a dog shaves, circle the tree. If not, go to the next direction.
   - maple
   - green
   - weeds
   - thorn

5. Draw a clock.
   Put in the numbers.
   Set it for 9:25.

6. Shade in the square.
   Underline the p’s.
   Draw a line from the circle to the a.

7. Put an O on the 2nd and on the 3rd blanks.
   Put an H on the last blank.
   Put a T before the H. Then, put a T in the first blank.
One Step—Body Movement

Follow these directions.

1. Close your eyes.
2. Give me your hand.
3. Touch your ear.
4. Pick up your foot.
5. Raise your arm.
7. Make a fist.
8. Nod your head “yes.”
9. Open your mouth.
10. Touch your foot.
11. Snap your fingers.
12. Touch your head.
13. Look down.
14. Bend your arm.
15. Touch your elbow.
16. Blink your eyes.
17. Rub your arm.
18. Scratch your chin.
19. Clap your hands.
One Step—Body Movement

Follow these directions.

2. Shake your head “no.” 12. Look to the left.
3. Point to the door. 13. Touch your knee.
5. Touch your nose. 15. Point at the ceiling.
7. Straighten your arm. 17. Laugh.
8. Look to the right. 18. Shake your arm.
10. Wipe your mouth. 20. Point to the floor.
Two Step—Body Movement

Follow these directions.

1. Open your mouth, then touch your knee.

2. Look at the door, then rub your arm.

3. Close your eyes, then touch your head.

4. Put your hand on your lap, then blink your eyes.

5. Rub your shoulder, then scratch your arm.

6. Yawn, then nod your head “yes.”

7. Clap your hands, then smile.

8. Raise your arm, then touch your chest.

9. Look at the ceiling, then snap your fingers.

10. Take my hand, then touch your ear.
Two Step—Body Movement

Follow these directions.

1. Raise your arm, then smile.

2. Scratch your elbow, then close your eyes.

3. Put your hands together, then look up.

4. Smile, then shake your foot.

5. Make a fist, then scratch your chin.

6. Touch your shoulder, then blink your eyes.

7. Wave, then clap your hands.

8. Scratch your nose, then cough.

9. Turn your head, then rub your arm.

10. Point to the floor, then open your mouth.
Three Step—Body Movement

Follow these directions.

1. Blink your eyes, cover your mouth, then make a fist.
2. Wave, look at the ceiling, then shake your foot.
3. Touch your knee, nod your head, then put your hands together.
4. Bend your arm, look at the floor, then laugh.
5. Raise your arm, close both eyes, then clap your hands.
6. Smile, scratch your elbow, then look to the right.
7. Wipe your mouth, straighten your arm, then wave.
8. Point to the floor, shake your arm, then wink.
9. Rub your stomach, touch your chin, then blink twice.
10. Pick up your foot, cross your fingers, then open your mouth.
Two Component Directions—Concrete

Follow these directions.

1. Circle the clothing.  
   pencil  shirt  table  radio

2. Underline the drink.  
   water  rock  crackers  light

3. Cross out the piece of furniture.  
   rabbit  book  telephone  table

4. Draw an X on the day of the week.  
   block  Tuesday  November  summer

5. Draw a box around the thing you can write with.  
   picture  cashew  pencil  cup

6. Draw a line over the body part.  
   elbow  smile  scissors  today

7. Put a check mark on the number.  
   father  truck  street  fourteen

8. Circle the animal.  
   stone  bird  paint  cage
Two Component Directions—Concrete & Abstract

Follow these directions.

1. Underline the heaviest. ____________________________
   pillow    penny    bus    refrigerator

2. Draw a line over the food. ____________________________
   music    tree    watch    pizza

3. Circle the hardest item. ____________________________
   dough    water    leaf    stone

4. Cross out the money. ____________________________
   happy    curtain    porch    dollar

5. Put a check mark next to the one that bounces. ____________________________
   ball    robin    shirt    charge

6. Draw a box around the thing that is read. ____________________________
   apple    sleep    book    latch

7. Put a line over the one that breaks. ____________________________
   quarter    glass    crow bar    steel beam

8. Circle the food. ____________________________
   tower    lace    ceiling    cereal
Two Component Directions—Abstract

Follow these directions.

1. Circle the largest.
   cat  ant  house  sofa

2. Underline the softest.
   pillow  board  pebble  jar

3. Cross out the one that burns.
   brick  paper  water  steel

4. Put a check in front of the one that is green.
   stop sign  strawberry  sun  grass

5. Draw a line over the one that tears.
   iron  cloth  glass  cement

6. Make a box around the tallest.
   tree  bush  shrub  flower

7. Put an X on the one that is crispy.
   juice  bread  cracker  soup

8. Circle the one that is wet.
   salt  powder  dust  water
Four Component Directions—Concrete

Follow these directions.

1. Circle the room. Then, underline the fish.
   - song
   - flounder
   - kitchen
   - phone

2. Draw a line over the spice. Then, cross out the building.
   - pepper
   - counter
   - glasses
   - bank

3. Underline the bird. Then, check the piece of furniture.
   - olive
   - sofa
   - brochure
   - eagle

4. Draw a box around the food. Then, put a line over the tree.
   - oak
   - wash
   - noodles
   - curl

5. Draw a line through the sport. Then, circle the transportation.
   - baseball
   - button
   - sneaker
   - airplane

6. Put two lines under the drink. Then, put a box around the job.
   - neck
   - coffee
   - jacket
   - carpenter

7. Draw an X on the season. Then, circle the pet.
   - dog
   - teeth
   - summer
   - lights

8. Put a check mark on the thing you sit on. Then, underline the vegetable.
   - tooth
   - corn
   - chair
   - stamp
Four Component Directions—Concrete & Abstract

Follow these directions.

1. Cross out the dessert. Then, circle the flower. _______________________
   rose    street    ice cream    lion

2. Draw a line over the red one. Then, put a box around the heaviest one. —
   lemon    tomato    grass    truck

3. Underline the toy. Then, circle the footwear. _______________________
   dog    shoe    doll    eight

4. Check the coldest. Then, put two lines over the sharpest. ____________
   ice    dish    tree    knife

5. Draw a line through the month. Then, put an X on the state. ___________
   New York    circle    January    show

6. Circle the hottest one. Then, put a check after the most expensive. _____
   smile    fire    diamonds    oranges

7. Draw a line under the weather. Then, draw a box around the hair color. —
   night    brunette    wrap    rainy

8. Circle the longest one. Then, draw a line over the fruit. _______________
   mile    can    pen    apple
Four Component Directions—Abstract ————

Follow these directions.

1. Circle the shortest one. Then, underline the one you hear.  
   fence  web  music  inch

2. Draw a box around the roughest. Then, cross out the smoothest.  
   air  glass  sandpaper  circle

3. Put a check after the yellow one. Then, draw a line over the one that’s inflated.  
   lemon  potato  gorilla  basketball

4. Circle the one that floats. Then, put a star on the cheapest one.  
   dryer  car  ship  stamp

5. Cross out the softest. Then, draw a box around the smallest.  
   cotton  hundred  shelves  ant

6. Put an X in front of the one that grows. Then, circle the one that can fly.  
   helicopter  pants  tree  plank

7. Cross out the one you tie. Then, put two lines under the loudest.  
   siren  knot  change  juggle

8. Circle the one that is shiny. Then, put a box around the oldest one.  
   shower  antique  new penny  mud
Varied Written Directions

Follow the directions.

1. Put a box around the word to the left of sixty.
   mountain  coffee  sixty  giant

2. Underline the words with five or fewer letters.
   table  cat  spiders  hand

3. Put a check beside the word that means the same as car.
   boat  airplane  automobile  train

4. Put a triangle over each word that begins and ends with T.
   pot  tent  taunt  tooth

5. Cross out the one that is not worn on the feet.
   boots  shoes  slippers  gloves

6. Add “ing” to the word that describes a way to cook.
   run  fry  fence  chase

7. Circle any word that has a similar meaning to intelligent.
   smart  brainy  wire  brilliant

8. Put a line through any letter found in the word dog.
   damp  good  open  dragon
Varied Written Directions

Follow the directions.

1. Check any word that is the opposite of sad.
   add, happy, paw, joyous

2. Cross out the vowels (a, e, i, o, u) in these words.
   man, upon, bus, tie

3. Circle the ones that go slower than a car.
   bicycle, jet, turtle, mule

4. Write the opposite of each word above each word.
   yes, down, bottom, on

5. Put a box around any word that begins with the last letter of the word day.
   floor, year, yam, now

6. Put a line over any word with four or more letters.
   some, leg, sponge, at

7. Circle the animals that can be pets.
   sharp, cat, hippo, dog

8. Add “ed” to the ones that frogs do.
   croak, drive, cook, jump
Directions with Numbers

Follow the directions.

1. Circle the number closest to 5. ____________________________
   21  4  16  12

2. Underline the number to the left of 63. _______________________
   18  63  92  6

3. Put a box around the one that equals the number of days in a week. ______
   2  8  4  7

4. Put a check next to the largest number. _________________________
   64  27  96  85

5. Draw a line from the first to the last number. _______________________
   93  38  47  22

6. Cross out the number that equals the number of years in a century. ______
   100  75  50  10

7. Put two lines over the smallest number. __________________________
   76  50  42  33

8. Put an X on the number that equals a dozen. _______________________
   20  12  3  7
If Condition Directions

Follow the directions.

1. If a fire burns, circle the tallest item. If not, do nothing.
   shack        hut        skyscraper        cabin

2. If a child is older than his mother, cross out the second word.
   If not, do nothing.
   hop        meter        drink        hike

3. If a bird flies, put a box around the last word. If not, do nothing.
   bag        sound        left        under

4. If glass breaks, cross out the cold item. If not, do nothing.
   snow        bench        rug        sun

5. If a cat barks, underline the first word. If not, do nothing.
   bowl        inch        street        hot dog

6. If you wear a hat on your feet, circle the shortest item. If not, do nothing.
   inch        foot        yard        mile

7. If a peanut has a shell, put a line over each green item. If not, do nothing.
   blood        leaves        grass        emerald

8. If you can see movies on TV, underline the one that grows.
   If not, do nothing.
   building        brick        tree        book
If Condition Directions

Follow the directions.

1. If a green light means stop, put an X on the things that fly. If not, do nothing.
   airplane car train kite

2. If spring comes after winter, circle the flowers. If not, do nothing.
   tulips water dirt daffodils

3. If a leg is longer than an arm, underline the words beginning with T. If not, do nothing.
   upper tease walnut thumb

4. If a lemon is sweet, circle the things that float. If not, do nothing.
   boat cork anchor stone

5. If scissors cut, cross out the things hung on the wall. If not, do nothing.
   picture gum clear mirror

6. If a worm can talk, put a line over the round items. If not, do nothing.
   box ball dish microwave

7. If breakfast is eaten in the morning, put a box around the foods. If not, do nothing.
   houses eggs plates pancakes

8. If a dog can chew on a bone, circle the one that is black. If not, do nothing.
   lemon coal snow ice
Complete Items from Directions

Find the appropriate picture on the right to follow the directions.

1. Put two leaves on the flower stem.

2. Solve the addition problem.

3. Put ears on the cat.

4. Write a word that begins with the letter T on the blank.

5. Shade in the sun.

6. Draw three circles in the square.

7. Fill in the missing number.

8. Draw a flame on the candle.

9. Put a knob on the door.

10. Draw tires on the car.
Complete Items from Directions

Find the appropriate picture on the right to follow the directions.

1. Shade in the circle.

2. Put an X on the piece of furniture.

3. Write your name on the blank.

4. Draw a shade on the lamp.

5. Underline the item that needs a key.

6. Write a 2 on the pencil.

7. Put an X above the item a dog chews.

8. Circle the kitchen appliance.


10. Draw an eye on the fish.
Use the items in the box to follow the directions.

1. Underline the letter S.
2. Draw an X in the circle.
3. Put a box around the season.
4. Draw a line from the A to the circle.
5. Circle the two m’s.
6. Cross out the A.
Two Steps, Four Component Directions ————

Use the items in the boxes to follow the directions.

1. Shade in the triangle. Underline the 1 and A.

2. Divide the circle in half by drawing a line across the middle. Draw a line over the 2.

3. Draw a line from the square to the triangle. Cross out the B.

4. Put a check mark (✓) in the square. Circle the 3.

5. Put a box around C. Shade in the top half of the circle.
Use the items in the boxes to follow the directions.

1. Circle the shortest word. Shade in the square.

2. Draw a line from the 2 to the 3. Underline the A and B.

3. Put a dot in the circle. Draw a box around the 4.

4. Cross out the one that breaks. Circle the 2.

5. Put a line over the 3. Underline the triangle.
Follow the directions.

1. Draw a line connecting the cat to the tree.
2. Shade in the one worn on the head.
3. Circle the one with a point.
4. Write your name under the car.
5. Put a box around the one with a brim.
6. Draw five apples in the tree.
7. Put an X on the one with wheels.
Follow the directions.

1. Write the number 3 above the one that is read.
2. Put two small circles inside the one that is hot.
3. Circle the one that cuts.
4. Shade in the bottom half of the glass.
5. Write the present year above the refrigerator.
6. Draw a line from the book to the glass.
7. Put a large X on the appliance.
Making Words

Follow the directions to form words.

___  ____  ____  ____  ____

1. Put an **R** on the second to last blank.
2. Put an **A** on the fifth blank.
3. Put an **E** on the second blank.
4. Put a **B** between the **E** and **R**.
5. Put a **Z** on the first blank.

___  ____  ____  ____  ____

1. Put a **Q** on the first blank.
2. Write an **S** on the fourth blank.
3. Put a **T** on the last blank.
4. After the first letter put a **U**.
5. Put an **E** on the middle blank.
Making Words

Follow the directions to form words.

_____  _____  _____  _____  _____

1. Put an S on the fourth blank.
2. Put a U before the S.
3. On the second blank, write an R.
4. Put a T on the first blank and the last blank.

_____  _____  _____  _____  _____

1. Put an O on the second blank.
2. Write the first letter of the alphabet on the fourth blank.
3. Put an L on the first blank.
4. Write T on the fifth blank.
5. Write a C on the blank after the O.
6. Put an E on the last blank.
In the box above:

1. Draw two large circles that are not touching.
2. Write your name above the circle on the right.
3. Put an X in the left circle.
4. Write the date in the upper left corner of the box.
5. Divide the right circle in half.
6. Write a number between the circles.
7. Put two lines under the left circle.
In the box above:

1. Draw a large square in the center of the box.

2. Write the numbers 1–3 down the right side of the square.

3. Draw a star in the middle of the square.

4. Draw a small triangle under the square.

5. Write your last name somewhere to the left of the square.

6. Shade in the triangle.

7. Draw a line from the 1 to the 3.
In the box above:

1. Draw a square and a circle. The circle should be to the left of the square.
2. Draw a triangle inside the circle.
3. Write a number between 1 and 10 under the square.
4. Write the letter K between the circle and the square.
5. Draw two small wavy lines inside of the square.
6. Write today’s date somewhere above the circle.
7. Draw an X below the figure on the left.
Directions with a List of Items

<table>
<thead>
<tr>
<th>pudding</th>
<th>books</th>
<th>tooth</th>
<th>six</th>
</tr>
</thead>
<tbody>
<tr>
<td>seven</td>
<td>lion</td>
<td>sausage</td>
<td>students</td>
</tr>
<tr>
<td>trip</td>
<td>orange</td>
<td>bear</td>
<td>tent</td>
</tr>
<tr>
<td>dog</td>
<td>four</td>
<td>tunnel</td>
<td>frog</td>
</tr>
<tr>
<td>eleven</td>
<td>pencils</td>
<td>principal</td>
<td>soup</td>
</tr>
</tbody>
</table>

Use the words in the box to follow these directions.

1. Underline the animals.
2. Put a box around each food.
3. Cross out the numbers.
4. Put a line over the things in a school.
5. Draw a line through the words that begin with T.
Use the words in the box to follow these directions.

1. Underline each of the five things with hair or fur.
2. Circle each of the three things with sirens.
3. Check each of the seven things with legs.
4. Put a line through each of the five things which are usually red.
5. Put a box around each of the four colors.
6. Put an X on each of the two things with shells.
Use these directions to travel on the above map of city blocks.

1. Start at the library.

2. Go one block north. Where are you? _______________________

3. From there, go one block east. Where are you? ________________

4. From there, go two blocks south to the Post Office.

5. From there, go 1 block west, then 1 block north.
   Where are you? ____________________________
You are driving through the above map of some city blocks.

1. Start at Broad and Chestnut.
2. From there, go two blocks north.
3. Now go west on Elm for one block.
4. Now go south on 2nd Street for one block.
5. Then go west on Maple for one block.

Where are you? ___________________________________________________________________