



Head Start School Intervention Project

My Body: Traffic Lights

Goal of activity: Children exposed to violence may have difficulty with boundaries. This activity provides an opportunity to have fun with attending and limit setting.

Approximate length of activity: 10 – 15 minutes

Materials: red sign labeled STOP and green sign labeled GO

Instructional Procedures:

- The teacher/aide will show children how to line up on one side of the room (use a line of tape on the floor for a visual guide).
- The teacher/aide will explain that this is a game where we will be using our eyes to follow traffic directions.

“When you see the green GO sign you can walk toward me, when you see the red STOP sign you will try to stand in one place without moving.”



- The teacher/aide will hold the signs up, alternating between “STOP” and “GO” sides.
- Children will take a turn being the traffic light with the teacher/aide.



Feeling Good about Learning



Calming My Body and Mind

 <p>KEY POINTS – Overstimulation</p> <p><u>Bumping into other children.</u></p> <ul style="list-style-type: none"> ○ Work directly with the child to help regulate. ○ Allow children to observe others playing. ○ Partner up – encourage another child to help this child STOP and GO. <p><u>Yelling, pushing or running</u></p> <ul style="list-style-type: none"> ○ Allow the child who is over stimulated to stand by the teacher. ○ Ask children to vary steps (tip-toe, three giant steps, three tiny steps etc). 	 <p>LITERACY TIPS</p> <p><u>Oral Language</u></p> <ul style="list-style-type: none"> ○ Use probing questions to encourage the use of complex language: “What are traffic signals for?” “Where have you seen traffic signals?” <p><u>Phonology</u></p> <ul style="list-style-type: none"> ○ Ask children to listen for the first sound in the word stop or go rather than look for the sign. When children hear ‘s’ they stop and when they hear ‘g’ they go. Make the sound first and then show the sign. <p><u>Print Knowledge</u></p> <ul style="list-style-type: none"> ○ Label the signs with the words Stop and Go and point out to children that the letters, the colors of the signs and the words said out loud tell people to either stop or go.
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