

Ready Steady Go

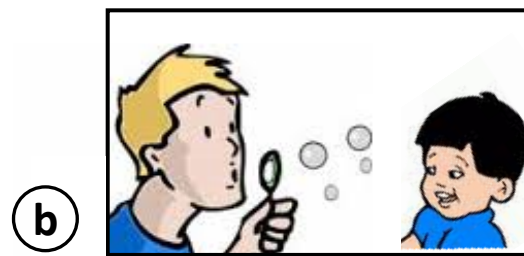
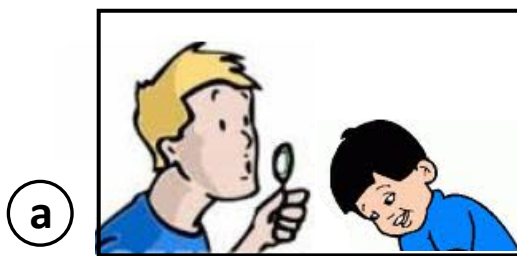
Why engage in ready steady go games?

- It's fun and generally motivating creating an instant reward for communication attempts
- It supports the development of anticipation
- It provides a situation to communicate that is meaningful
- It cues communication, when a child has not yet understood the communication process or is not spontaneously communicating.
- Develops basic social communication e.g. being aware of another person, eye contact etc.
- It's simple and can be generalised to a range of situations and environments

How to implement strategy

1. Identify motivating activities e.g. cars, balls, noise etc. (activities that naturally end are best)
2. Begin the activity/ play or join the activity the child is playing with (most activities can be adapted to incorporate Ready Steady Go.)
3. Say "Ready, steady, go" and immediately engage in the action. (123, go can also be used)
4. When the child is engaged in the activity pause before saying go. (Wait expectantly for the child to indicate go, initially this may be any indication of anticipation or communication e.g. glance, sound, eye contact, gesture, approximation of word) **(a)**
5. When the child indicates go say **"Go"** and do the action. (If the child does not quickly indicate go, say go and continue.) **(b)**
6. Repeat process whilst child is engaged.

Gradually increase expectations of communication



Activities/ resources that a good for "Ready, Steady, Go"

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| • Spinning top | • Jumping |
| • Wind-up toys | • Pushing on a sit on car/ trike |
| • Pull back car | • Bouncing on an exercise ball/ trampoline |
| • Pop up toys | • Rolling a ball to another (particularly gym ball) |
| • Hand held battery/ paper fan | • Banging a drum/ shaking bells |
| • Car down ramp/ click clack track | • Rocking on see saw (controlled by adult) |
| • Ball down tube/ ball spiral | • Splashing hands in water |
| • Knocking bricks down | • Jet ball bouncing high |
| • Drawing (fast scribbling or dabbing) | • Blowing bubbles |