



# The Four Directions

# East, South, West and North

**Beginner:** Introduce the circled picture of the 4-directions. To start; explain that the Sun wakes up every day in the East direction and always sleeps in the West direction.

**[Tip]:** Use materials such as sand, dirt, leaves, snow to talk about the four directions.

**Intermediate:** Draw animals like the ones in the circled pictured, that live in the different directions of the world.

**[Tip]:** Talk about the East, South, West and North and the animals that may be found there.

**Experienced:** Talk about the 4-Directions. To start, create a treasure map made up of the different directions to find particular items.

**[Tip]:** Use directional hints to help your child find the hidden treasures.

**[Brief] Why?** Directions are foundational aspects..

**[Detailed] Why?** Communicating directions teaches; boundaries, how to identify land markers, destination times, as well as the importance of using safety measures while finding the way to certain boundaries.

**References:** Plumert Jodie M., Haggerty, K.A, Mickunas, A., Herzog, L., & Shadrick, C. (2012). Mother-child communication about location: Giving and following directions for finding hidden objects. *Developmental Psychology, 48*(4), 956-968. DOI:10.1037/a0026597

**Caregiver Handbook:** Cardinal Directions (under Map Literacy), Medicine Wheel