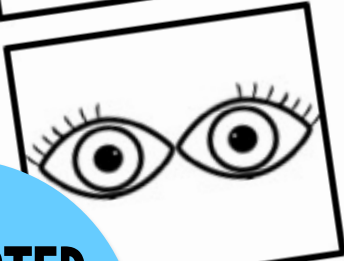


# FOLLOWING DIRECTIONS VISUAL newsletter freebie



## Steps to Following

(Rehearsal with Visualization Strategy)



1. **Repeat the direction**
2. **Visualize the direction**  
(make a movie in your head of yourself following the direction)
3. **Follow the direction**

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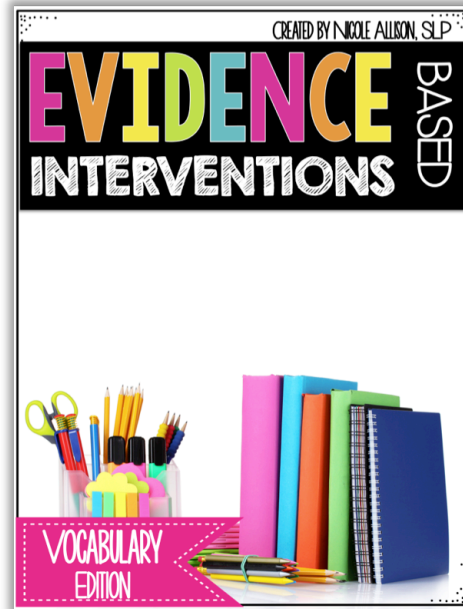
Created by Nicole Allison



# thank YOU!



## You may also like...



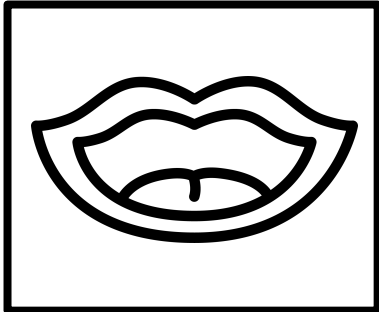
## Let's connect!



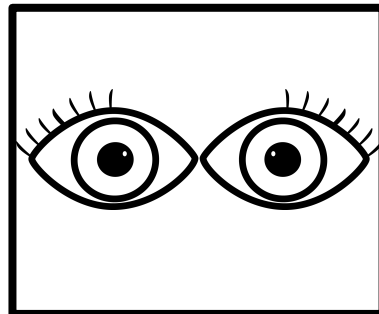
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# Steps to Following Directions

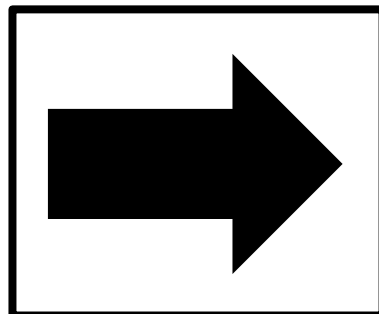
(Rehearsal with Visualization Strategy)



**1. Repeat the direction**

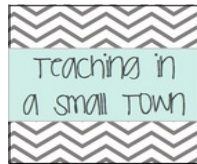


**2. Visualize the direction**  
(make a movie in your head of yourself following the direction)



**3. Follow the direction**

# graphics & fonts



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