

Angels in the Snow

This activity helps you to think while moving.

Step 1. Move arms & legs at the same time

Lie on the floor, on your back, arms at your sides, legs outstretched, feet together. Your body should be straight with your head lined up with mid-line of your body. Only arms and legs are going to move.

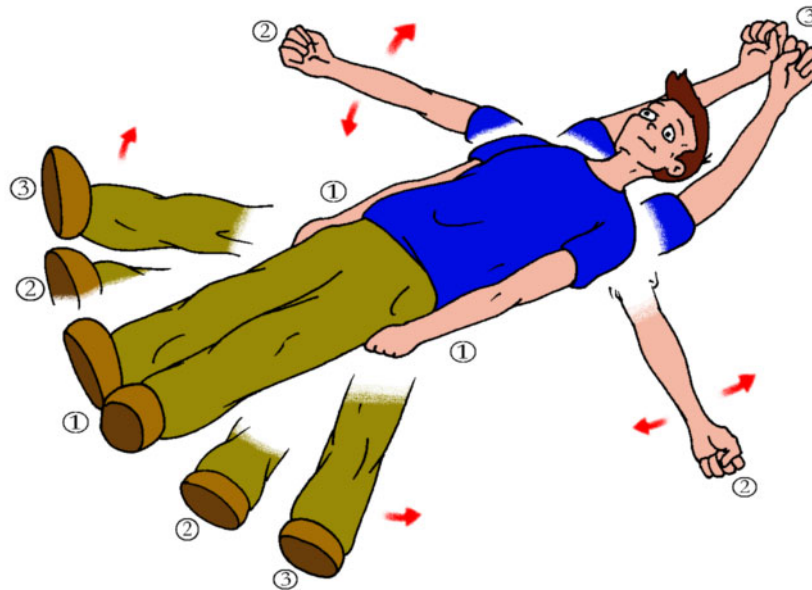
Move your arms out sideways until they reach above your head and the palms of your hands touch. Arms should stay almost straight with only a slight bend at the elbow. At the same time move your legs apart slowly until they are a comfortable width apart. Your knees should not bend and hips should not lift off the floor.

When legs have moved out to a comfortable width and hands have touched above the head, **immediately** start moving your arms and legs back to the starting position. Arms should touch your sides at the same time as your feet touch. Try to breathe in as arms and legs move out then breathe out as arms and legs come back. Make sure arms go all the way to the top and hands touch before you start to bring arms back down again. Arms and legs should start and finish at the same time.

Notes for helpers:

In order to do this activity you have to be aware that arms must move faster than legs if arms and legs are to finish at the same time. Try to encourage them to discover this for themselves by asking questions such as 'what finished first, arms or legs?' 'How can you make them finish at the same time?'

Turning on your Brain 1



Continue moving, trying to be aware of the simultaneous movement of your arms and legs.

Practice moving arms and legs out and in together. It should be slow and smooth so that arms and legs all start and finish moving at the same time.

Your goal is to move arms and legs so they start and finish at the same time.