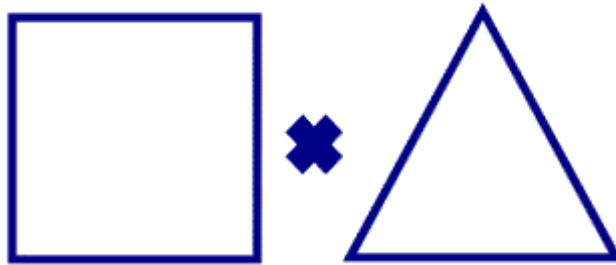


Two Handed Square & Triangle

For this activity you have to draw a triangle with one hand and a square with the other. You will need a chalkboard and chalk or a whiteboard and markers.

Step 1. Triangle and square

Your helper will draw an **X** on the chalkboard or whiteboard at your eye level. They will also draw a square and a triangle on either side of the **X**. The width of the square and the base of the triangle should be a little wider than your shoulders.



Stand with your feet slightly apart, with equal weight on each foot, facing the **X**. Keep looking at the **X** at all times.

The chalk, crayon or marker should be held between the tip of the thumb and the inside of the first joint of the index finger, with the chalk sloping to the inside of the knuckle of the little finger. It should be held by the index finger and thumb, so that the thumb pushes the chalk or marker gently into the first joint of the index finger. The other 3 fingers lightly rest on the chalk or marker.

Start with one marker at the bottom right corner of the square and the other marker at the bottom left corner of the triangle, moving each marker outwards away from the cross. This way the triangle is drawn clockwise and square anti-clockwise.

While looking at the **X**, trace the square with your right hand and the triangle with your left hand at the same time.

It is difficult to draw a triangle with one hand and a square with the other, as each hand is usually going in a different direction and often at a different angle.

It is particularly difficult to keep the corners accurate. **Go slowly** so that the shapes are drawn accurately. It is more important that you draw the shapes accurately than draw them quickly. When you can draw the triangle and square neatly, change the direction your hands are going, so that the triangle is drawn anti-clockwise and square clockwise.

When you can draw the triangle and square accurately try:

1. Both shapes clockwise.
2. Both shapes anticlockwise.

Repeat, but with the triangle on the left and the square on the right.

Your goal is to draw the triangle and square, one with each hand, accurately and smoothly.

Step 2. Triangle and square with beat

Click on '**beat**' at the stop of this screen. The beat will be set at about 60/minute. Trace the shapes again so that a line is drawn each beat. Also try taking 2, 3 or 4 beats per line. The two shapes will not be completed at the same time because one hand makes four different movements, and the other three, to complete the task.