

Chalkboard Rotations

This activity helps you use your eye and hand together.

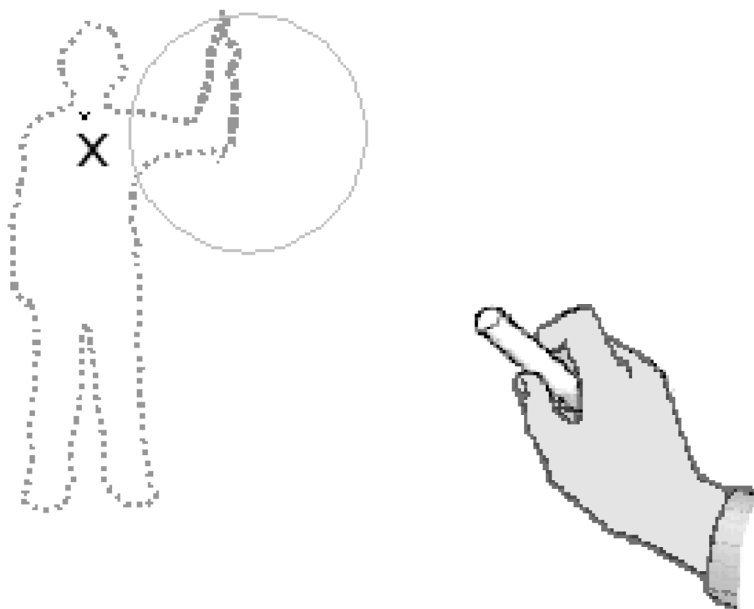
Step 1. Draw a circle

Stand in front of the chalkboard or whiteboard in a relaxed, well-balanced posture, with equal weight on each foot. Cover one eye with the same-side hand (start by covering the left eye with the left hand).

Hold the chalk or marker in your right hand, like you would hold a sword, but with the hand turned over so the palm of the hand is downwards. This way you will hold the marker between the thumb and the inside of the first joint of the index finger, with the chalk sloping to the inside of the lower joint of the little finger. It should be held by the index finger, thumb and very lightly by the other fingers so you can steer it without wobbling (but no tighter grip). Holding the chalk this way tells your brain correctly about the position of the chalk on the board.

Draw an 'X' on the board, level with the middle of your chest.

With your marker in your right hand, draw a circle on the board as large as you can while always looking at the marker or chalk. The circle should be drawn to the right of the 'X'. Try to draw the circle without moving your head or body, so your body always stays centered on the 'X'.



Your helper will stand on the side of your uncovered eye.

Notes for helpers:

The following instructions will help you a lot.

Cover your eye with your hand that is not holding the chalk.

With your chalk on the board, I want you to pretend that your uncovered eye is attached in some way to the chalk. Without moving your head, keep drawing large circles. Remember that if your eye is attached to the chalk, as your eye moves, so does the chalk. You are going to drag your eye around with your chalk.

At the same time, I want you to think of the circle you draw as a track and I want you to keep the chalk on the track. To do this, the eye must guide the chalk. So the hand drags the eye and the eye guides the chalk.

Your aim is to draw each circle directly over each other so that they appear as one thin-line drawing of a circle.

Begin with 5 circles in each direction with each hand and eye.

Repeat with the left hand and left eye, this time drawing the circle to the left of the 'X', but keeping your body centered on the 'X'. Draw 5 circles in one direction (for example, clockwise) and 5 circles in the other direction.

As performance improves go slower and slower, so you draw less circles. Eventually you can go very, very slowly, so you complete one circle in about two minutes.

Notes for helpers:

Watch out for head or body movement so the 'X' is no longer centered on the body drawing the circle across the 'X' body becomes rigid or tight to maintain attention.