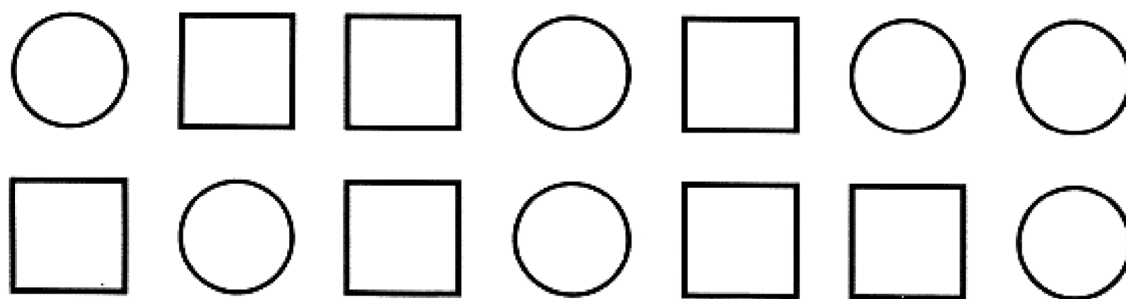


# Square and Circle

This activity helps you know which hand is which, but you have to go fast.

## **Step 1. Different hands for different shapes**

Sit at table in a relaxed, but balanced posture, with both feet on the floor. Place the square and circle chart on the table in front of you. The chart can be printed from the chart menu at the top of the screen. You will notice that the chart has circles and squares in rows.



At the bottom of the chart is a single square and circle.



Make your hands like a pointer by closing your fists and extending your index finger. You have to touch the shape on the chart, then its matching shape at the bottom, using one hand for squares and the other for circles.

To begin use

1. Your right hand for the circles.
2. Your left hand for the squares.

Touch the first shape on the top line of the chart with the appropriate hand then touch its matching shape at the bottom of the chart with the same hand. (If right hand for circles, left for squares, this would be - touch the circle with your right hand, then the circle at the bottom of the chart with your right hand). Continue along the chart touching the shape on the chart with the appropriate hand, then

touching its matching shape at the bottom with the same hand. Try to go faster, but don't do so if you are not accurate.

When you match each shape to its correct pair at the bottom, using the correct hand, change what each hand does, so that the right will now touch squares and the left will touch circles.

This is **speed** activity where you are trying to beat the clock, so you complete the chart, without errors, faster and faster each time.

Your goal is to correctly match each shape on the chart with its pair at the bottom of the chart, using one hand for circles and the other for squares, in a time of 50 seconds or less.

### **Step 2. Square and circle to a beat**

Click on '**beat**' at the top of this screen. The beat will be set at 1.0 second. Now touch each shape on the chart, and its matching shape at the bottom, using one hand for circles and the other for squares, in time to the beat. So, on the first beat touch the first shape on the top row with the appropriate hand, on the second beat touch its matching shape at the bottom with the same hand, on the third beat touch the next shape on the top row with then appropriate hand, then on the fourth beat touch its matching shape at the bottom....etc..

Your goal is to correctly match each shape on the chart with its pair at the bottom of the chart, using the appropriate hand, in time to the beat.

