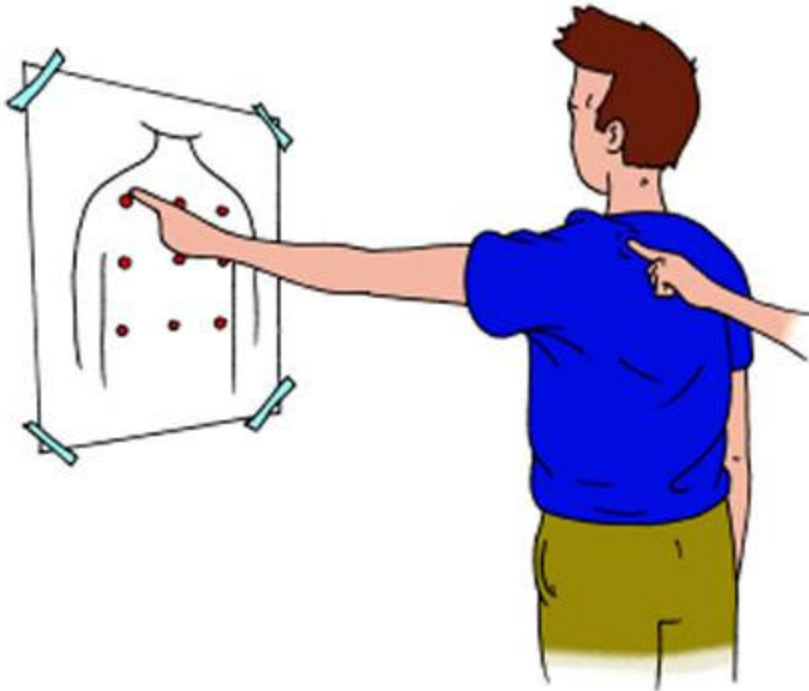


Back Map

This is another activity that makes you think, but memory is also required.

Step 1. Find the spot

Draw an outline of the back and shoulders on a piece of paper and stick it to the wall. It should be at about your own height. Mark nine positions on the drawing, as shown below.



Your helper touches any one of the nine spots on your back until you can locate each one accurately on the picture of your back in front of you. As your helper touches any one of the spots on your back, you should touch the same spot on the picture.

Your goal is to accurately find the spot on the picture that corresponds to the point on your back where you were touched.

Step 2. Find the spot - Faster

Now your helper touches 1 spot on your back, then about 1 second later, they touch another, then another, etc, so your helper touches a new spot every second. Your goal is to keep up so you can match the spot where you were touched on the map before your helper touches the next spot.

Step 3. Find two spots at the same time

Now your helper touches **two** spots at the **same time** on your back. You have to touch the two spots on the picture at the same time. At first it is often difficult to locate spots in the middle of your back, especially when one point is on one side and the other in the middle. Your helper may have to repeat the touches several times before you know where you were touched.

Your goal is to correctly locate the two spots on the picture after the 2 spots on your back have been touched only once.

Step 4 . Find spots in a row

Now your helper touches **three spots, one after the other**, in succession. All three spots must now be located on the map correctly, and in the same order as you were touched. **Wait until your helper has touched all three spots before you respond.**

When three spots can be identified correctly, try **four** in a row, then **five** in a row. Also, sometimes, ask for the spots to be located in **reverse** order.

Your goal is to be able to find 5 spots in a row correctly (6 in a row if you are over 7 yrs old) and at least 3 in row in reverse order.

Step 5. Answer a question

Your helper touches several spots in a row then asks you a question, which you have to answer before you show which spots were touched. Your helper touches 3 spots on you back in a row, asks you a question, you answer it then you point to the spots where you were touched.

Questions can be easy or hard. Questions, in order of difficulty, could be:

1. Count to 10, or say the alphabet up to the letter 'g' before showing the points.

2. Say for 3 boys names, or 3 vegetables, or 3 types of cars, or 3 colours
3. Give the answer to a sum or a times table
4. Spell a word from your spelling list for school.

Your goal is to correctly find 4 spots in a row after answering a question.

Step 6. Turn around

Turn around so you face away from the map of your back. Your helper touches four or five spots in a row on your back then you turn around and find them on the map. This can be made more difficult by answering a question, before you turn around to show the points that were touched on the map.

Your goal is remember 5 in a row, but 6 in a row is even better.