

Halopin Hands 2

This activity is a little more difficult than Halopin Hands 1. It makes you name things accurately and quickly and you also have to name directions.

The chart for this activity can be printed from the chart menu at the top of the screen.

Attach the coloured Halopin Hands 2 chart to a wall at eye level about 1 metre in front of you. You will notice that the chart has hands of different colours, some are right hands, some are left hands, some hands face palm towards you, some have palm away and each hand is holding up from 1 to 4 fingers or a thumb. You have to 'read' the chart in many different ways.



Step 1. Call colour and right or left

Read the chart as fast as you can, alternating between colour and the name of each hand (either right or left), i.e. name the colour on the 1st, 3rd, 5th...etc and the name of the hand the 2nd, 4th, 6th etc... Again, time how long it takes you to read the chart and try to beat your time with each successive attempt. As this takes even more thinking, it will take you longer - a good time would be under 45 seconds, an excellent time would be under 30 seconds.

Also try this starting with the side of the hand, so the next is colour, the next is side of hand, etc...

Step 2. Call number of fingers and right or left

Read the chart as fast as you can, alternating between number of fingers and the name of each hand (either right or left), i.e. name the number of fingers on the 1st, 3rd, 5th...etc and the name of each hand the 2nd, 4th, 6th etc... Again, time how long it takes you to read the chart and try to beat your time with each successive attempt. As this takes even more thinking, it will take you longer - a good time would be under 45 seconds, an excellent time would be under 30 seconds.

Also try this starting with the name of the hand, so the next is number of fingers, the next is name of hand, etc...

Step 3. Call colour, number of fingers and right or left

Now read the chart by calling.

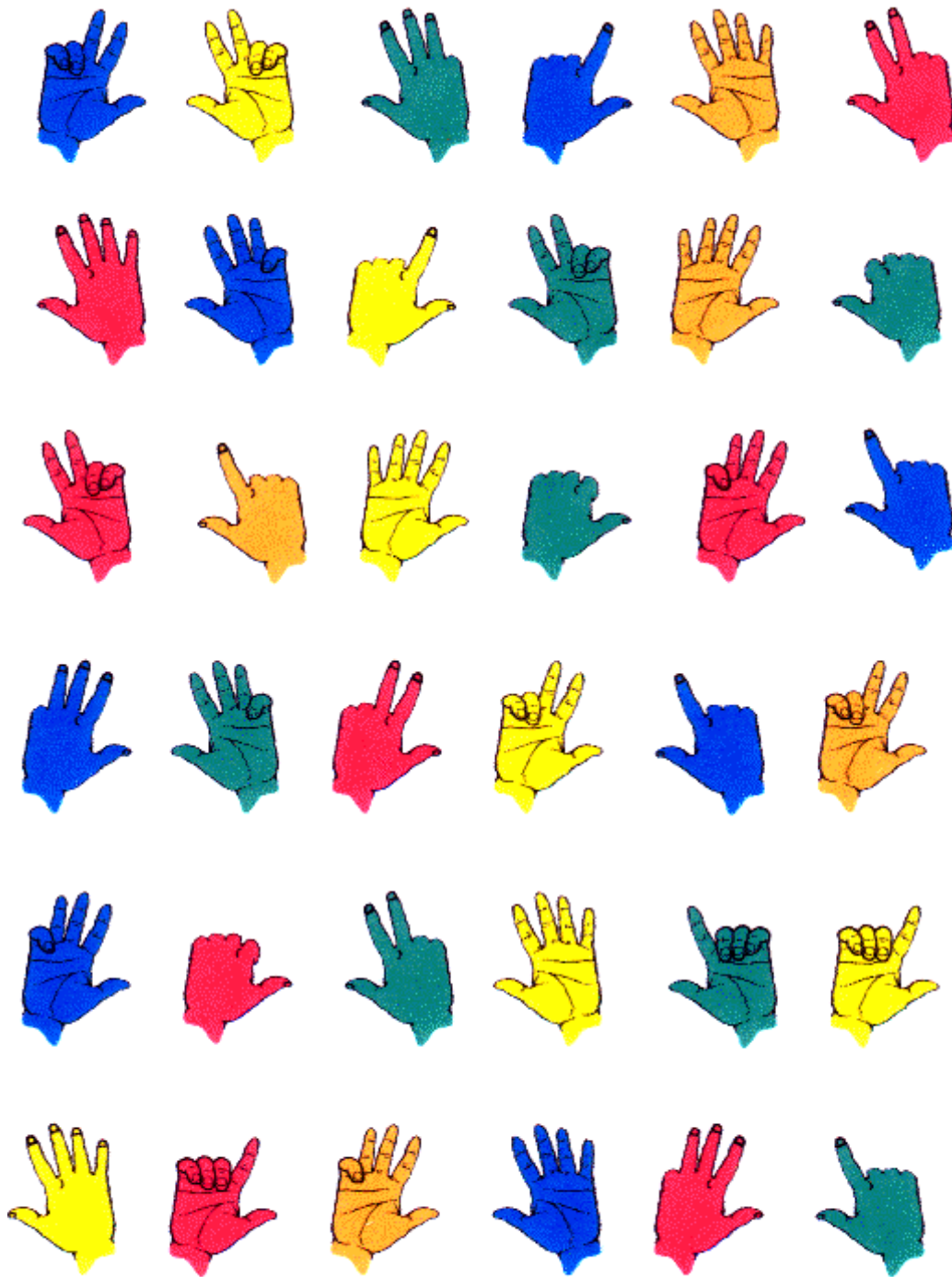
1. The first hand by its colour.
2. The second hand by its number of fingers.
3. For the third hand say which hand it is - right or left.
4. The fourth hand by its colour.
5. The fifth by its number of fingers, etc...

You can again mix up how you call the hands, e.g. start with number of fingers, followed by colour, followed by name of the hand, or start with name of the hand, followed by number of fingers, followed by colour.

Time yourself with each attempt and try to beat your best time. Because you have three things to think about, this is more difficult and it will take you longer.

A good time would be 60 seconds and an excellent time would be 50 seconds.

Acknowledgment - this activity was developed by Richard Shanks Optometrist, Wellington New Zealand, and is used with his permission



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