

Follow the Spoon

The only thing you need for this activity is a shiny spoon. If you look at the back of a shiny spoon it's like a mirror, so you can see yourself. To help more with your attention and concentration you have to follow the spoon with only your eyes.

Notes for helpers:

This activity is always done one eye at a time, so it is always done with a cover over one eye.

Step 1. 'Eyes only' for the spoon

Cover one eye with the palm of your hand or put a patch over one eye. Stand with equal weight on each foot while your helper moves a shiny spoon in different directions in front of your eyes. The spoon will be about 20 cm (8in) away, with the back of the spoon facing you, so you can see yourself in the 'mirror'. Your helper will move the spoon **very slowly**. The speed at which the spoon should move is about 1cm per second.

1. From side to side, but no more than 10 to 15cm (4 to 6in) to either side of your nose
2. Up and down, but no more than 10 to 15cm (4 to 6in) above or below your nose
3. Diagonally, but no more than 10 to 15cm (4 to 6in) diagonally away from your nose or
4. In a circle with a diameter of about 15cm (6in) - the circles can be in 3 different planes
 1. Directly in front of you so the spoon is always the same distance from your eyes
 2. The spoon moves up and towards you, then down and away from you
 3. The spoon moves to one side and towards you, then to the other side and away from you.
 - 4.

Your instructions are "**follow the spoon and try to move only your eyes**".

Start by following the spoon from side to side 3 times, then follow the spoon up and down 3 times, then diagonally back and forth 3 times and finally follow the spoon in a circle, in each of the 3 different directions, 3 times.

Now change the patch to the other eye and repeat.

Your goal is to follow the spoon with your eye only, without moving your head or body.

When you can easily follow the spoon, without moving your head or body, progress to the next level.

Notes for helpers:

Move the spoon very slowly.

When some people first try to follow something with eyes they often follow with their head as well. Some may even follow with their whole body, moving in the same direction as the target from their ankles up. If other body movement, other than eye movement is present, try to make them aware of what they are doing by asking questions. Asking a question helps them to discover for themselves what they are doing. If you tell them, they cannot discover for themselves.

Questions could be like: 'when you follow the spoon, does anything else move as well as your eyes?' If this doesn't bring the extra movement to their attention, your question may have to more 'leading', such as: 'does your head move when you follow the spoon?' Once they are aware of the extra movement, again ask them to follow the spoon with **eyes only**.

Step 2. Follow the spoon, talking & listening

Your helper talks to you while you follow the spoon. Start with general conversation. Your helper moves the spoon very slowly in a circle using any of the 3 directions described above. Your helper then starts to talk to you at the same time. They might ask you about what happened to you today, or what you did on the weekend, or they might ask you what happened on your favourite TV show. You have to follow the spoon with only your eyes and talk to your helper at the same time. Now you have to **look** and **listen** at the same time. Ideally you should be able to follow the spoon, moving only your eyes while you listen and talk to your helper.

This is more difficult if your helper.

1. Says a list of 3, 4 or 5 numbers and asks you to repeat them back as you follow the spoon.
2. Asks you to repeat the numbers in time to a beat.

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3. Asks you questions like... 'tell me 3 boys names', or, 'tell me 3 types of vegetables', or, 'tell me 5 colours', etc..
4. Asks you to spell words from your spelling list as you follow the spoon.
5. Asks you to say times tables as you follow the spoon.
6. Asks you to describe objects in the surrounding room as you follow the spoon

Your goal is to follow the spoon while listening and answering questions.