

Wheelbarrow

This activity helps thinking by using movement.



Step 1. Hands uncrossed (same)

For wheelbarrow your helper lifts your legs, supporting your thighs, so you walk on your hands. Palms should be flat on the floor and fingers point forwards. Walk **forwards** on your hands, then try walking **sideways** to one side then the other. Try going in a circle then try walking **backwards**.

Step 2. Hands crossed (not same)

Now do wheelbarrow so that one hand crosses over in front of the other with each step. Try this **forwards**, **sideways**, in a circle and **backwards**.

Step 3. Follow a line

A straight line is drawn on the floor with chalk, or a tape, or a cord is used. Walk on your hands following the line, with one hand on either side of the line. Your

helper will tell you which way to put your hands and will ask you to change from uncrossed (same) to crossed (not same) and back to same again, several times.

1. Try a more complicated path with straight and curved lines and right and left turns.

Step 4. Block path

Place small blocks or tiles, about 20 to 30cm apart, on the floor on either side of the line. You now walk on hands placing your hand on top of a block with each step. Use two different colours; one for the right hand and one for the left. E.g. red blocks must be stepped on by one hand and green blocks by the other. It may help to put a matching coloured spot on your hand.

1. Start with an easy pattern e.g. all blocks for the right hand to the right of the line.
2. Make more complicated patterns requiring several crossovers of hands. E.g. start with 3 red blocks on the right side of the line (and 3 green blocks on the left side), then put the next 3 red blocks on the left side of the line (and 3 green blocks on the right side) - this requires a change from arms uncrossed to arms crossed.

Step 5. Pick up blocks

Again follow the path of the line on the floor but pick up small objects at various points along the path and put them in containers at other points further along the path. Your helper can tell you what they would like you to do. E.g. "**Pick up the blue block and put it in the black box.**" or "**You could do this with hands uncrossed and then hands crossed over.**"