

Angels in the Snow - Stop

This activity helps you to think while moving.

Step 1. Move arms & legs at the same time

As you did Angels in the Snow 1, lie on the floor, on your back, arms at your sides, legs outstretched, feet together. Your body should be straight with your head lined up with mid-line of your body. Only arms and legs are going to move.

Move your arms out sideways until they reach above your head and the palms of your hands touch. Arms should stay almost straight with only a slight bend at the elbow. At the same time move your legs apart slowly until they are a comfortable width apart. Your knees should not bend and hips should not lift off the floor.

When legs have moved out to a comfortable width and hands have touched above the head, **immediately** start moving your arms and legs back to the starting position. Arms should touch your sides at the same time as your feet touch. Try to breathe in as arms and legs move out then breathe out as arms and legs come back. Make sure arms go all the way to the top and hands touch before you start to bring arms back down again. Arms and legs should start and finish at the same time.

Notes for helpers:

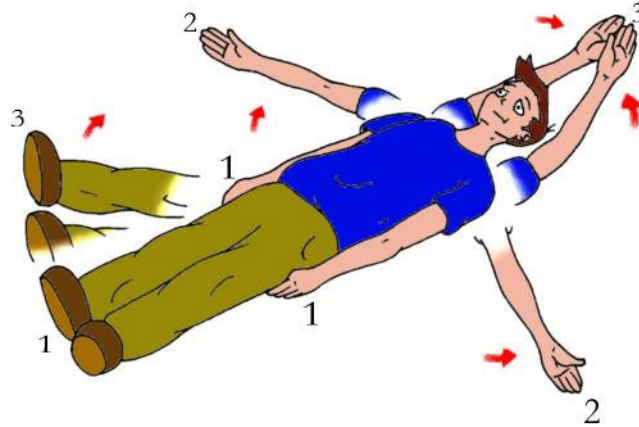
The simultaneous movement of both arms and both legs should now be easy as this has already been practiced in Angels in the Snow 1.

Step 2. Stop one arm or one leg

Now while you are moving both arms and legs so they start and finish at the same time (with no delay when hands touch above your head), your helper will ask you to stop moving either your:

1. Right arm
2. Left arm
3. Right leg or
4. Left leg

Turning on your Brain 2



You should keep moving as your helper tells you which arm or leg they would like you to stop. Take your time and while you keep moving both arms and legs out and in, try to think about how you will stop the arm or leg. Then when you have decided how to do this, change your movement when you are at the closed position (arms by sides & feet together). There should be no hesitation or stopping before you change to stop one arm or leg. When you first try stopping one arm or leg you may have to move both arms and legs in and out several times before you are ready. The next time your helper asks you stop a different arm or leg, go back to moving both arms and legs again until you have thought out how to stop the next part.

For example, if your helper says '**stop your left leg**', (as in the picture above) keep moving both arms and legs out and in, (making sure they still start and finish at the same time). While you move both arms and legs think about how you will stop the left leg and keep both arms and the right leg moving. When you know how to do this, stop the left leg the next time both arms are by your sides and your legs are together. Your goal is to stop the left leg without any hesitation, so the movement of right leg and both arms will continue smoothly.

If next if your helper says '**stop your right arm**', start moving both arms and legs again while you think about how you to stop only your right arm. When you are ready, change (at the closed position) so that both legs and your left arm will be moving.

For this activity you will always go back to moving 4 limbs, but when instructed to do so, only 3 limbs will be moving so that one arm or leg will be stopped.

Your goal is stop one arm or leg, when at the closed position, without any hesitation.