

'Do What I do' 2

In this activity you have to do what your helper does, but they may not be facing the same way as you. This helps you to work out directions.

Step 1. Copying, standing opposite

Your helper stands opposite, facing you in a balanced posture with their arms by their sides. They will move an arm or leg then move it back to their starting position. E.g. your helper may raise their right arm to their right side, with palm down, to shoulder level then lower the arm back to their side. Wait for your helper to move and, when they have returned their arm or leg to their starting position, copy their action.

Your goal is to copy the action of your helper, getting at least 8 out of 10 correct.

Notes for helpers:

Start with basic actions where you move only one part and you do not cross the mid-line of your body, i.e. one arm or leg does not cross to the opposite side of your body. Start in a balanced posture with arms at your sides - **make the movement then return the part you moved to your starting position.**

Possible actions could be:

1. Point one arm forwards, backwards or to the side at shoulder height. The palm could be facing forwards, backwards, or towards your middle.
2. Raise one arm, to your side or in front of you, so it is bent at the elbow. The palm could be facing forwards, backwards, or towards your middle.
3. Place one hand with the palm open:

1. The top of the head.
2. On your shoulder.
3. On your tummy.
4. On your knee.
5. On your forehead.
6. On your ear.

4. Make your hand like a pointer by closing your fist and pointing with your index finger to:

1. Your nose.
2. Your eye.
3. Your ear.
4. Your chin, etc, etc...

5. Lift one leg in front of you with the knee bent, or lift the leg to the side or straight out in front or behind you with the knee straight, etc, etc...

Remember not to cross over the middle of your body with any of these actions, i.e. the right hand stays to the right of the middle of your body.

It is very important that helpers never say 'just do the opposite to me'. Saying this will probably enable them to match you, but they are not thinking and imagining they are facing the same way as you.

Step 2. Copying, standing opposite - cross overs

Your helper will move an arm or leg then move it back to their starting position, just like in step 1 above. However, now your helper will cross their arm or leg over the middle of their body. You again have to imagine that you are facing the same way as your helper. Wait for your helper to move and return the part they moved to their starting position then copy their action.

Notes for helpers:

Start with basic actions where you move only one part so you cross the mid-line of your body, ie one arm or leg crosses over to the opposite side of your body.

You could use any of the actions described above, except the arm, hand or leg you are moving crosses over your mid-line, for example the **right** index finger touches your **left** ear.

Your goal is to copy the action of your helper, getting at least 8 out of 10 correct.

Step 3. Copying, standing opposite - combinations 2

Your helper will move arms or leg then move them back to their starting position, just like in step 1 & 2 above. However, now your helper will make combination movements such as raising the left leg with the knee bent and touching the left knee with the right hand at the same time. They will move 2 parts then return to their starting position. Wait for your helper to finish, imagine that you are facing the same way as your helper and copy their movement.

Your goal is to copy the actions of your helper, getting at least 8 out of 10 correct.

Notes for helpers:

Possible actions could be:

1. Point one arm forwards, backwards or to the side at shoulder height, or raise the arm above the head (with palm facing forwards, backwards or toward the middle) while also.
2. Placing the other hand with palm flat:

1. The top of the head.
2. On your shoulder.
3. On your tummy.
4. On your knee.
5. On your forehead.
6. On your ear.
7. On the opposite elbow.

3. This hand may cross over to the other side of the body.
4. Make each hand like a pointer and point with your 2 index fingers to any combination of:

1. Your nose.
2. Your eye.
3. Your ear.
4. Your chin.
5. Your opposite elbow.

5. Combine the pointing hand with placing your whole hand with the palm open, on top of your head, or on your shoulder, etc...
6. Lift one leg in front of you with the knee bent, or lift the leg to the side or straight out in front or behind you with the knee straight combined with placing your hand on your head etc, or pointing your index finger to your eye, ear, etc...

Step 4. Copying, standing opposite - combinations 3

Still facing you, your helper will move 3 parts in combination, at the same time, such as raising the left leg with the knee bent, touching the left knee with the right hand, while placing their left hand on their right ear with the palm facing outwards, then return their arms and legs to the starting position. Wait for your helper to finish, imagine that you are facing the same way as your helper and copy their movements.

Your goal is to copy the actions of your helper, getting at least 8 out of 10 correct.

Notes for helpers:

Any combination of the movements suggested above, or any others you think of, can be used as long as your action has 3 components.

Step 5. Copying, standing opposite - combinations with a step

Still facing you, your helper will move 3 parts in combination, at the same time, but one of their movements will be a step. The step could be to the side, forwards or backwards. E.g. Your helper may step forwards on the left leg while raising their right arm so it is bent at the elbow, while also touching the right elbow with the left hand with this palm facing downwards, then return arms and legs to their starting position. Wait for your helper to finish moving, imagine that you are facing the same way as your helper and copy their actions.

Your goal is to copy the action of your helper, getting at least 8 out of 10 correct.

Notes for helpers:

Any combination of the movements suggested above, or any others you think of, can be used as long as your action has 3 components, one of which is a step.

Step 6. Copying, standing opposite - combinations with a turn

Your helper stands opposite, facing you in a balanced posture with their arms by their sides. They will move an arm or leg then move it back to their starting position, just like in step 4 & 5 above. However, now your helper will move 3 parts in combination, at the same time, but one of their movements will be a turn. The turn could be to the right or left and may involve a body rotation so the feet don't move, or the turn may involve the leg crossing over to the opposite side, combined with a body rotation. E.g. Your helper may rotate the body to the left, without moving their feet, while raising their right arm above the head, while putting the left hand against the right side of the face with the palm facing outwards, then return their limbs to the starting position. Wait for your helper to finish, imagine that you are facing the same way as your helper and copy their movements.

Your goal is to copy the action of your helper, getting at least 8 out of 10 correct.

Notes for helpers:

Any combination of the movements suggested above, or any others you think of, can be used as long as your action has 3 components, one of which is a rotation of your body to the right or left.

Step 7. Copying, standing side-on

Repeat all the steps above, but with your helper standing side on to you at 90 degrees.