

Rainbow

This activity helps you to co-ordinate your eyes and hand together and helps you to know where you are looking.

Step 1. Rainbow with head movement

Lie on the floor on your back.

With your hand in a relaxed fist shape, thumb pointing upwards point your left arm in a straight line out to the left side of your body, so the arm is at shoulder level. Your other arm should be by your side.

Turn your head to the side, toward the outstretched arm, so your nose is in line with your thumb and **look at the thumb**.

Now start to move the outstretched left arm in an arc, so that the arm moves across your body from the left to the right side. As the arm moves, keep the arm outstretched and the hand like a fist with your thumb pointing upwards.

Follow your thumb with your head and eyes. Keep looking at your thumb as you move your head in an arc from left to right to follow the moving thumb. Your nose should always be pointing at your thumb and the thumb should always be at eye level. Keep your arm as straight as possible. Now follow the thumb as it moves back across your body to the left side again, where it started.

Repeat using the right arm.

Your goal is to follow your thumb with smooth arm and head movement.

Notes for helpers:

The head should move so the neck rotates from side to side - there should be no rotation of the body. Also watch out for tongue or jaw movement.

Step 2. Rainbow with eye movement

Start again lying on the floor on your back with the left arm stretched out to the side at shoulder level and the hand like a fist with the thumb pointing upwards. This time keep your **head still** so you follow the thumb with only your **eyes**. This means your nose will always face upwards in line with the middle of your body. So, now as the arm rotates in an arc across your body keep looking at your thumb and follow with only your eyes.

Make sure you only move your thumb across your body as far as your eyes can see. Remember to keep your arm straight.

Repeat with your right arm.

Your goal is move your arm smoothly and follow your thumb smoothly with only your eyes.

Step 3. Rainbow and leg movement

As in step 2, follow the thumb with only your eyes, as the arm moves in an arc but now as the arm starts to rotate, start moving your legs apart until your thumb gets to your midline, then as the thumb crosses your middle start moving your legs back together again.

Your goal is to move your arm and eyes smoothly to follow you thumb while moving your legs apart and back together again.