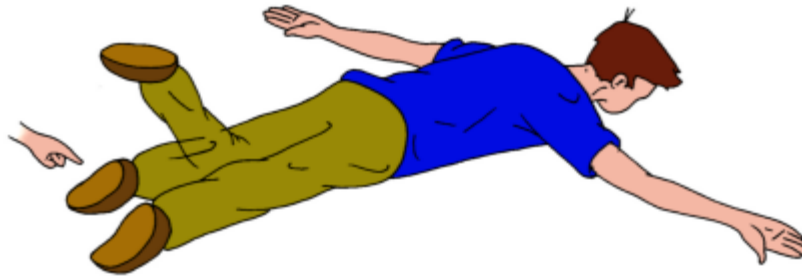


Arm & Leg Lifts

This activity also helps you think and move, but memory is also required.

Step 1. Single arm or leg lifts

Lie on the floor face down, with arms stretched out to the side, palms up and legs straight.



You will now lift up some parts of you off the floor, but only the parts that are touched. You may have to lift your whole leg, the bottom of your leg, your arm, or your hand.

Your helper will say "***I want you to lift off the floor the part of you that I touch***" Your helper touches one body part that they want you to lift. They will touch either your

1. Hand or
2. Whole arm or
3. Leg below the knee or
4. Whole leg

When your helper has touched your hand, arm or leg you should then lift the part they touched.

Notes for helpers:

Only touch the hand, arm or leg once. Use a firm squeeze with your hand. If you want the arm lifted squeeze at the elbow. For the lower leg, squeeze on the calf, while for the whole leg squeeze at the back of the knee joint. Try not to label, i.e. don't use language. A major factor in this activity is the visualization of where the touch is occurring and if the part is given a name, visualization is much less likely to happen.

Step 2. Parts in a row

Now try **sequences** of touches, starting with 3, one after the other, then 4, then 5 in a row. Lift the parts and put them down, one after the other, in the same order that you were touched. Make sure you **wait** until your helper has touched all the parts in sequence before you lift anything off the floor.

For example, your helper touches right arm, then left whole leg, then left hand, then left lower leg, **wait until they finish** then you will then lift up the right arm and lower it down again, then lift and lower the whole left leg, then lift and lower left hand and finally lift and put down the left lower leg.

Your goal is to get 5 in a row correct, at least 8 times out of 10. If you are over 6 years old your goal is 6 in a row.

Step 3. Backwards

Try sequences of touches, but lift them in **reverse** order, i.e. backwards, the last one first etc...

Your goal is to get 3 in reverse order, but 4 would be even better.

Step 4. Answer a question, then lift

Your helper again does a sequence of touches, one after the other. Now you are asked to question and you have to give the answer before you lift the parts in the same order that they were touched.

Questions can be easy or hard. Questions, in order of difficulty, could be:

1. Count to 10, or say the alphabet up to the letter 'g' before showing the points.
2. Say 3 boys names, or 3 vegetables, or 3 types of cars, or 3 colours
3. Give the answer to a sum or a times table
4. Spell a word from your spelling list for school.

Your goal is to get 4 in a row correct, after you answer the question. 5 in a row would be even better.