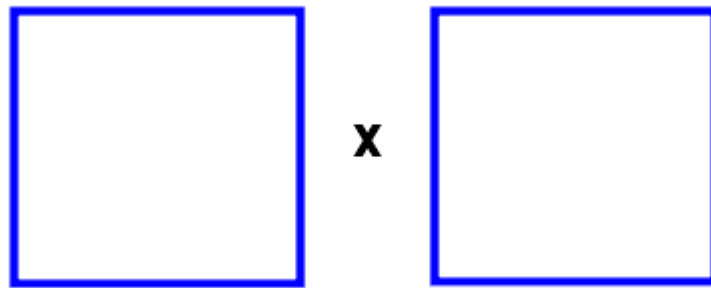


Two Handed Lines

This activity helps you to develop knowledge of where you can see.

Step 1. Two handed lines

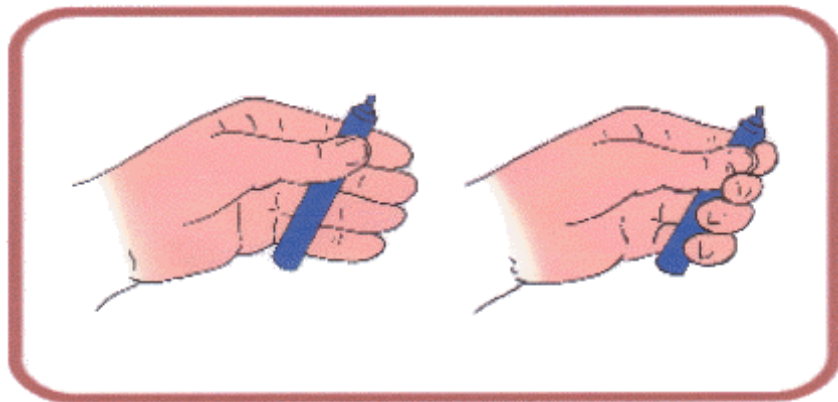
Your helper will draw an **X** at your nose level in the centre of the chalkboard or whiteboard. Then they will draw two squares on each side of the X as shown. The outer edge of each box should be a little wider than the width of your shoulders.



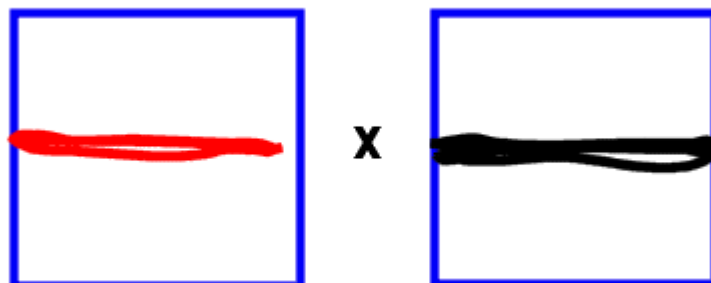
Hold a piece of chalk in each hand, with all fingers on the top of the chalk and thumb underneath. Stand with your feet slightly apart and equal weight on each foot, facing the board so the **X** is directly ahead of your nose.

Notes for helpers:

The chalk or marker should **not** be held like a pencil, as this may not tell the brain accurately where the writing object is located. The chalk, crayon or marker should be held between the tip of the thumb and the inside of the first joint of the index finger, with the chalk sloping to the inside of the knuckle of the little finger. It should be held by the index finger and thumb, so that the thumb pushes the chalk gently into the first joint of the index finger. The other 3 fingers lightly rest on the chalk.



Keep looking at the X while you draw a line with each hand, at the same time, from the inside edge to the outside edge of each box, then back to the inside and continue to draw from edge to edge in and out. Both hands go out at the same time, away from the X then they both move back toward the X at the same time.



After drawing ten lines in and out, stop and compare the lines drawn by each hand.

Notes for helpers:

Usually the dominant hand draws better lines when this activity is first attempted. It is also likely that all lines do not begin and end at the edge of the boxes. Try to encourage them to talk about any differences between the lines in each box. You can help by asking questions such as, '**which hand got to the edge of the box first**' or '**which hand drew neater or smother lines**'. With practice both hands should be the same.

Step 2. Hands going in the same direction

Try drawing lines with each hand at the same time from edge to edge of the boxes but now both hands go in the same direction. Now the left hand starts on the outside of the left box and the right hand starts on the inside of the right box so both hands go to the right then to the left etc.

Step 3. Rhythm

Draw the lines with each hand at the same time, like you did in step 1 above but in time to a beat from a metronome. Set the beat at 60 per minute and try to draw one line per beat, still keeping the right and left lines equally smooth. On the first beat hands go out from the centre and on the second beat hands move back to the centre and so on..

Also try this with hands going in the same direction, as in step 2 above.

Step 4. Rub out the boxes

Try the above activities but without the boxes which guide the length and position of each line. Each hand should produce lines of equal length, height, slope and neatness and an equal distance from the **X**. Try this in time to a beat.