

Angels in the Snow - Coded

This activity is like the other angels activities, but now you will read codes which will show you how you have to move.

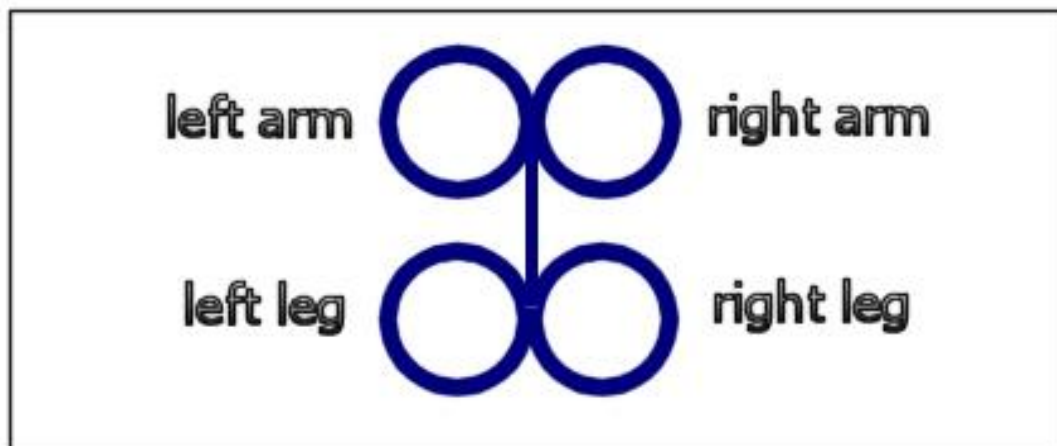
Step 1. Codes

Again, as you did for the other angels activities, 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 the mid-line of your body. Only arms and legs are going to move. Arms will move out sideways, with only a slight bend of the elbow, until they reach above your head. If both arms are moving, hands will touch above your head. Legs will move apart until they are a comfortable width apart.

Remember that arms and legs should always start and finish at the same time.

You will now move according to a code where the shapes on the code chart will show you which arm(s) or leg(s) to move.

Your helper will show you the following code, where the stick represents the body and the circles represent the arms and legs that need to move.



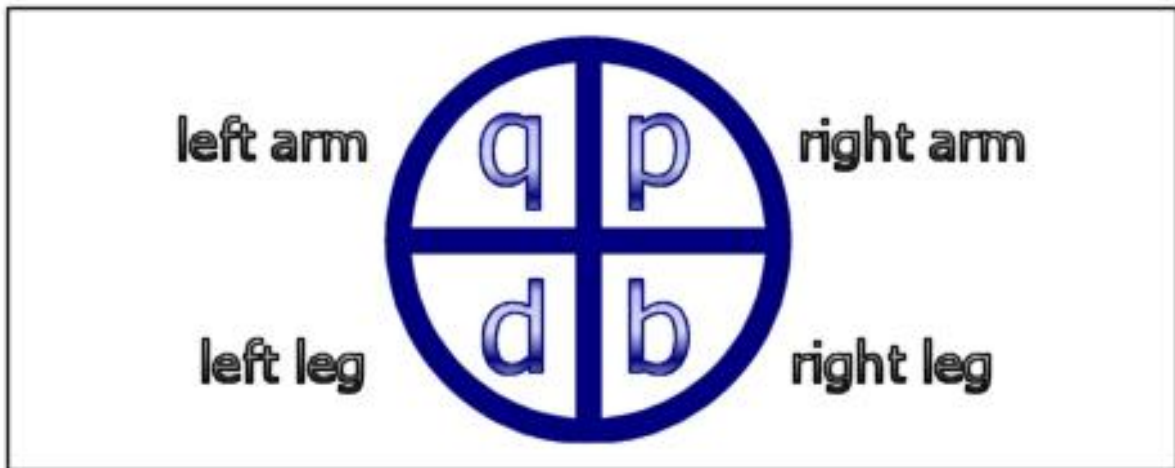
Turning on your Brain 5

A circle at the top on the left of the stick means you move your left arm out, a circle on the bottom of the stick at the left means move your left leg out, etc... If there is a circle at the top and the bottom on the left of the stick you move both your left arm and leg at the same time, etc...

Your helper holds the code sheet above you while you '**read**' the codes one after the other moving your arms and/or legs according to the position of circles. Only do one movement for each symbol as you progress through the chart. Make sure arms rotate fully and stop above your head and you start and finish the movement of arms and legs at the same time.

Your goal is to read the code chart and to change the movement of your arm(s) and/or leg(s) quickly and easily according to the code chart.

Step 2. The 'd-b-q-p' code



p = Right arm, q = Left arm, b = Right leg, d = Left leg

Your helper will show you the code with only the 4 codes that are the letters b, d, p, and q. You can practice each one, moving your left arm for a 'q', your right arm for a 'p', your left leg for a 'd' and your right leg for a 'b'. Then your helper hides the code.

Turning on your Brain 5

Now your helper says '*show me a d*' or '*show me a p*'. You should move an arm or leg corresponding to the letter they say.

Try multiple letters in a sequence. 'Show me a 'q', then a 'p', then a 'b'.

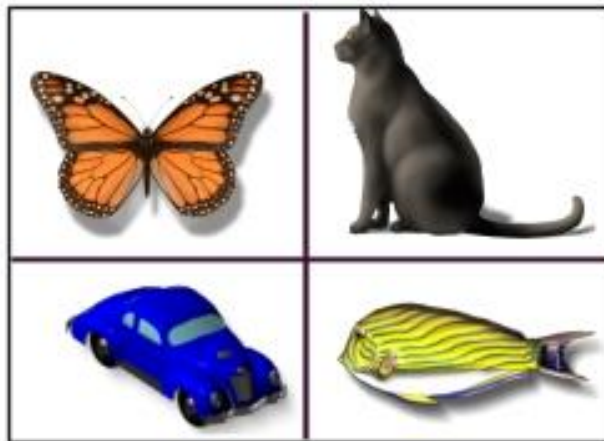
Try combinations at the same time, for example (Show me a 'q', and a 'p' at the same time) = move both arms or ('q' and 'd' at the same time) = move left side of the body.

Try a sequence of combinations, for example ('b', 'p', 'q' at the same time) followed by ('b', 'd' at the same time)

Your goal is to correctly move an arm or leg and name the corresponding letter, without confusion. You should also be able to do a sequence of four letters in a row.

Step 3. Shape codes

To make you think a little more, use the picture code shown here.



butterfly = left arm

cat = right arm

car = left leg.

fish = right leg

Your helper will start by showing you the code and asking you to show the 'butterfly' (You should move the left arm) then show a 'cat', then a 'car', then a 'fish'. (The code chart should be visible at all times at this stage).

Turning on your Brain 5

Once the code is mastered your helper will ask you to show a sequence, for example 'fish' followed by a 'car' followed by 'butterfly'.

As soon as you know the code your helper will remove the code chart from view. Now you have to show a sequence, for example 'car' followed by a 'butterfly' followed by a 'fish'.

Your goal is to remember three in a row, then four in a row, without looking at the chart.

You can also do combinations for example a 'butterfly, cat and fish at the same time' (i.e. left arm, right arm and left leg at the same time!). Try two combinations e.g. a 'fish-cat-car' followed by a 'butterfly-cat-fish'.

Step 4. Mix the codes

Now that you know the codes, they can be mixed. For example, show a 'p', then a fish and cat at the same time, then a 'q' and a 'b' at the same time.

Your goal is to remember at least three in a row.