

Bug

This is the beginning of a series of activities to help you think and remember.

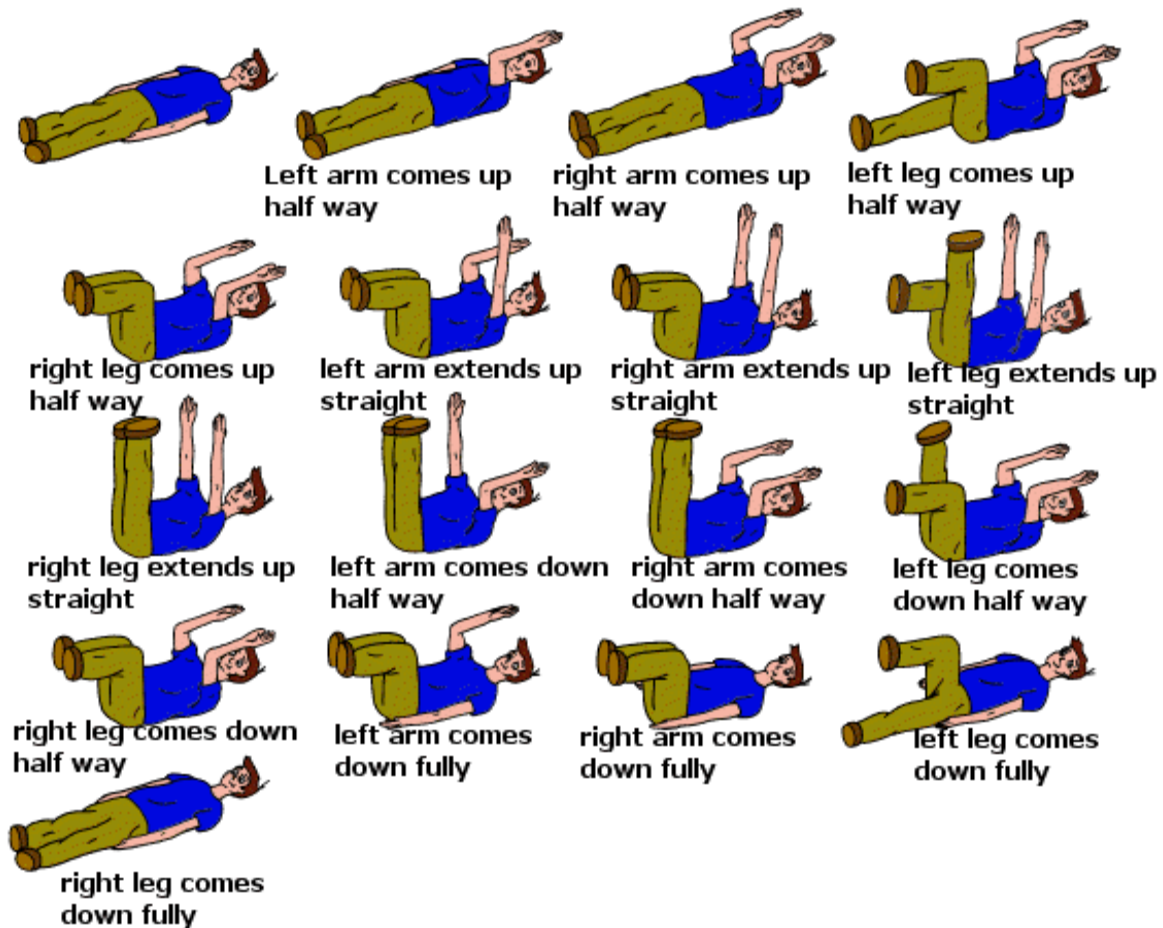
Notes for helpers:

Try to **show** this activity rather than **tell**, so that you can encourage a process of discovery and allow them to experience the movements for themselves.

Step 1. Bug

Lie on the floor on your back, with arms straight by your sides and legs straight. Now do the following in the same order as described below

1. Lift the left arm up half way, but bent at the elbow with palms facing up.
2. Lift the right arm up in the same way.
3. Lift the left leg up half way, but bent at the knee.
4. Lift the right leg up in the same way.
5. Extend the left arm so it points straight up.
6. Extend the right arm in the same way.
7. Extend the left leg so it points straight up.
8. Extend the right leg in the same way.
9. Lower everything back to the floor in the same order in which you raised them, the left arm bends to half way down, followed by the right arm, the left leg and the right leg. Then the left arm lowers to your side, followed by the right arm. Then the left leg lowers and straightens, followed by the right leg.



Step 2. Bug, in different order

Repeat, but start with the right arm, then left arm, then right leg, then left leg.

Repeat, but go in a clockwise direction, such as left arm, right arm, right leg, left leg.

Repeat, but in an anti-clockwise direction, such as right arm, left

Step 3. Bug, to a beat

Click on the 'beat' button at the top of this screen. Now repeat step 1, but in time to the beat. Make each movement in time with the beat, so on the first beat the left arm comes up, bent at the elbow, on the second beat the right arm comes up in the same way, on the third beat the left leg comes up, bent at the knee...etc...etc...