

Catch the Finger

This activity helps you to keep looking in one place while you use your side vision to guide your hand.

Step 1. Catch the finger

Your helper sits or stands about 50cm in front of you so their nose is at your eye level. You have to keep looking at their nose all the time. Bring each hand up beside your ears with the first finger extended like a pointer and the other fingers closed. The right index finger will be beside the right ear and the left index finger beside the left ear. Your helper now brings their right hand up beside their right ear with the first finger extended, like a pointer.

Now try to tap their finger with your left first finger, bringing your hand straight forward like an arrow. Remember to keep looking at your helper's nose. Then move your left hand back beside your left ear again.

Then your helper lowers their right hand and brings their left hand, with the first finger extended like a pointer, up beside their left ear. Try to tap this finger with your right index finger without looking away from your helper's nose then move your right hand back beside your right ear. Your helper will then raise their right hand again. Keep trying to hit their finger accurately with your finger. Then your helper raises their left hand, continue trying to hit each finger as it is raised.

When you are able to hit their finger easily, your helper will start to put their finger in different positions which could be further away from their ear, either further to the side or closer to you. Remember to keep looking at their nose as you try to hit their finger.

Your goal is to hit your helper's finger accurately without looking away from their nose.

Step 2. Both hands

Now you have to hit both your helper's fingers with both your fingers, **at the same time**. Your helper will again start with their index fingers beside each ear and you will start with each index finger beside your ears. You will now bring both your fingers in at the same time so your right finger will tap your helper's

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left finger and your left will touch their right. Both fingers should touch at the same time.

When you find this easy, your helper will move their fingers further away from their head to the side. They may also place one hand closer to you than the other, but you still have to start with each hand beside your ear and touch their 2 index fingers at the same time as you look at their nose.

Your goal is to hit your helper's fingers accurately, at the same time, without looking away from their nose.