

'Do What I do'

In this activity you have to do what your helper does, but they may not be facing the same way as you. This helps you to work out directions.

Step 1. Copying

Stand next to your helper so you are both facing the same direction. Your helper will ask you to watch them and copy any movement they make. For example, your helper may put their right arm on top of their head. You have to do the same. Your helper will stay in the position they want you to copy until you have copied them. You do not have to say what you are doing - just copy them.

Notes for helpers:

Possible movements could be:

1. Lift one leg, to the front or side.
2. Touch a shoulder with opposite hand.
3. Touch a knee with the same or opposite hand.

Or combination movements such as:

1. Put one arm across the tummy, the other behind the back.
2. Put one hand on top of the head and point the other arm straight ahead, etc...

When you can easily copy any action your helper makes, you are now ready to move to step 2.

Step 2. Copying, standing opposite

Now your helper stands opposite, facing you and they will move and hold the part they have moved in position until you have copied them. This is more difficult because you have to imagine that you are facing the same way as your helper. Start copying one action.

Your goal is to copy the action of your helper, getting at least 8 out of 10 correct.

Notes to helpers:

Start with basic actions where you move only one part and you do not cross the mid-line of your body, i.e. one arm or leg does not cross to the opposite side of your body.

Possible actions could be:

1. Point one arm, forwards, backwards or to the side at shoulder height, the palm of your hand may face up or down or toward the middle.
2. Raise one arm, to your side or in front of you, so it is bent at the elbow. Again the palm may face in a specific direction which they have to copy.
3. Place one hand with the palm open

1. The top of the head.
2. On your shoulder.
3. On your tummy.
4. On your knee.
5. On your forehead.
6. On your ear.

4. Make your hand like a pointer by closing your fist and pointing with your index finger to

1. Your nose.
2. Your eye.
3. Your ear.
4. Your chin, etc, etc...

5. Lift one leg in front of you with the knee bent, or lift the leg to the side or straight out in front or behind you with the knee straight, etc, etc...

Remember not to cross over the middle of your body with any of these actions, i.e. the right hand stays on the right of the middle of your body.

Many people are confused by this and they will mirror you, i.e. if you put your right hand on your head, they will put their left hand on their head. To show them they are not the same as you, try the following:

1. Stand opposite.

2. Make a movement, such as putting your right hand on top of your head.
3. Ask them to copy you.

If they put their left hand on top of the head, i.e. mirroring you, ask 'are we the same?' If they answer yes:

1. Keeping your right hand on top of your head, turn so that you are facing the same way as them and as you turn say 'now if turn so I am facing the same way as you, are we the same?'.
2. Now ask 'are we the same?' The answer should be 'no'.
3. Ask them to do the same as you. They will then change to the same as you.
4. Keep your right hand on top of your head, asking them to watch the hand on top of your head, so they see you are keeping the same hand on your head and again turn so you are opposite.
5. Again ask.

You may have to repeat this a few times.

It is very important that helpers never say 'just do the opposite to me'. Saying this will probably enable them to match you, but they are not thinking and imagining they are facing the same way as you.

Step 3. Copying, standing opposite - cross overs

Now your helper stands facing you, but now they will cross their arm or leg over the middle of their body. You again have to imagine that you are facing the same way as your helper. Start copying one action.

Notes for helpers:

Start with basic actions where you move only one part so you cross the mid-line of your body, i.e. one arm or leg crosses over to the opposite side of your body.

You could use any of the actions described above, but now the arm, hand or leg crosses over your mid-line, for example the **right** index finger touches your **left** ear.

Your goal is to copy the action of your helper, getting at least 8 out of 10 correct.

Step 4. Copying, standing opposite - combinations 2

Still facing you, your helper will make combination movements such as raising the left leg with the knee bent and touching the left knee with the right hand at the same time. They will move 2 parts. Imagine that you are facing the same way as your helper and copy their movements.

Your goal is to copy the actions of your helper, getting at least 8 out of 10 correct.

Notes for helpers:

Possible actions could be:

1. Point one arm, forwards, backwards or to the side at shoulder height, or raise the arm above the head (palm could be facing up, or down or toward the middle) while also:
2. Placing the other hand with palm flat

1. The top of the head.
2. On your shoulder.
3. On your tummy.
4. On your knee.
5. On your forehead.
6. On your ear.
7. On the opposite elbow.

3. This hand may cross over to the other side of the body.

1. Make each hand like a pointer and point with your 2 index fingers to any combination of:

1. Your nose.
2. Your eye.
3. Your ear.
4. Your chin.
5. Your opposite elbow.

2. Combine the pointing hand with placing your whole hand with the palm open, on top of your head, or on your shoulder, etc...

3. Lift one leg in front of you with the knee bent, or lift the leg to the side or straight out in front or behind you with the knee straight combined with placing your hand on your head etc, or pointing your index finger to your eye, etc, etc...

Step 5. Copying, standing opposite - combinations 3

Still facing you, your helper will move 3 parts in combination, at the same time, such as raising the left leg with the knee bent, touching the left knee with the right hand, while placing their left hand on their right ear with the palm facing outwards. Imagine that you are facing the same way as your helper and copy their movements.

Your goal is to copy the actions of your helper, getting at least 8 out of 10 correct.

Notes for helpers:

Any combination of the movements suggested above, or any others you think of, can be used as long as your action has 3 components.

Step 6. Copying, standing opposite - combinations with a step

Still facing you, your helper will move 3 parts in combination, at the same time, but one of their movements will be a step. The step could be to the side, forwards or backwards. For example, your helper may step forwards on the left leg while raising their right arm so it is bent at the elbow, while also touching the right elbow with the left hand with this palm facing downwards. Imagine you are facing the same way as your helper and copy their actions.

Your goal is to copy the action of your helper, getting at least 8 out of 10 correct.

Notes for helpers:

Any combination of the movements suggested above, or any others you think of, can be used as long as your action has 3 components, one of which is a step.

Step 7. Copying, standing opposite - combinations with a turn

Now your helper will move 3 parts in combination, at the same time, but one of their movements will be a turn. The turn could be to the right or left and may involve a body rotation so the feet don't move, or the turn may involve the leg

crossing over to the opposite side, combined with a body rotation. E.g. Your helper may rotate the body to the left, without moving their feet, while raising their right arm above the head, while putting the left hand against the right side of the face with the palm facing outwards. Imagine you are facing the same way as your helper and copy their movements.

Your goal is to copy the action of your helper, getting at least 8 out of 10 correct.

Notes for helpers:

Any combination of the movements suggested above, or any others you think of, can be used as long as your action has 3 components, one of which is a rotation of your body to the right or left.

Step 8. copying , standing side on

Go through all the steps above, but your helper will stand side on to you, so you are at 90 degrees to one another. They may stand on your left or right side.

Notes for helpers:

It is this level of 'do what I do' that is often most important. Some just work out that all they have to do is the opposite of the helper when the helper stands facing them. But if the helper is side-on, this reasoning doesn't work. They are now forced to imagine themselves facing the same way as the helper and repeating their actions.