

Two Handed Squares

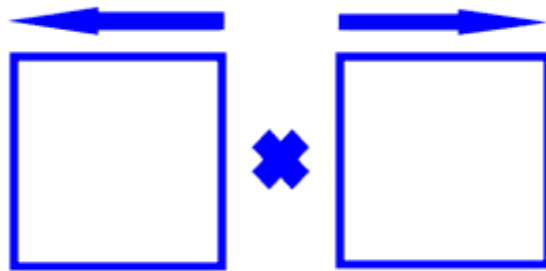
This activity starts you using eyes and hands together.

You will need a chalkboard and fat chalk, or large paper sheets and crayons, or a whiteboard and markers.

Step 1. Two handed squares

Draw an **X** at nose height on the chalkboard. Stand with feet slightly apart, with equal weight on each foot, facing the chalkboard so that the **X** is directly ahead of the nose.

Pick up a piece of chalk in each hand, holding it with the ends of all fingers on top of the chalk and the tip of the thumb underneath. While looking at the **X** draw a large square with each hand at the same time, one square on each side of the **X**. (Hands should move in **opposite directions** i.e. both hands start moving out, or down)



Keep drawing the squares **while looking at the X**, until you have drawn 20 squares with each hand. With practice both squares should be **square** and about the **same size**. There should be as much of the square above as below the cross, i.e. the centre of each square should be level with the cross. Each square should have 4 definite corners, i.e. there should be no rounding of corners. Both chalks should trace the same path each time as if they were on a track.

Your goal is draw the squares with each hand at the same time so that the squares are of equal size and have definite corners.

Notes for helpers:

As with two handed lines and circles which have been done previously, 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.

When '2 handed squares' is first attempted, corners are often rounded. For this activity to be done well the marker must be stopped and its direction changed at each corner. If corners are rounded try to encourage them to discover for themselves how make the corners correctly.

Step 2. Two handed squares - same direction

Now try moving both hands in the **same direction**. Now both hands will go clockwise or both anticlockwise at the same time. Start each hand at the top left corner of each square and draw the squares at the same time so the each hand goes down. Change direction every five loops.

Your goal is draw the squares with each hand going in the same direction, at the same time, so that the squares are of equal size and have definite corners.

Step 3. Two handed squares in time to a beat

Now go back to drawing the squares as in step 1, but turn on the beat, which will be set at 60 per minute. Draw each line in time to the beat - so each hand arrives at a corner as the beat clicks.

Now try drawing the squares as in step 2, with both hands going the same way, arriving at each corner as each beat clicks.

Your goal is draw the squares with each hand at the same time, in time to the beat, so that the squares are of equal size and have definite corners.