

Angels in the Snow - Stop/Start

This activity helps you to think while moving.

Step 1. Move arms & legs at the same time

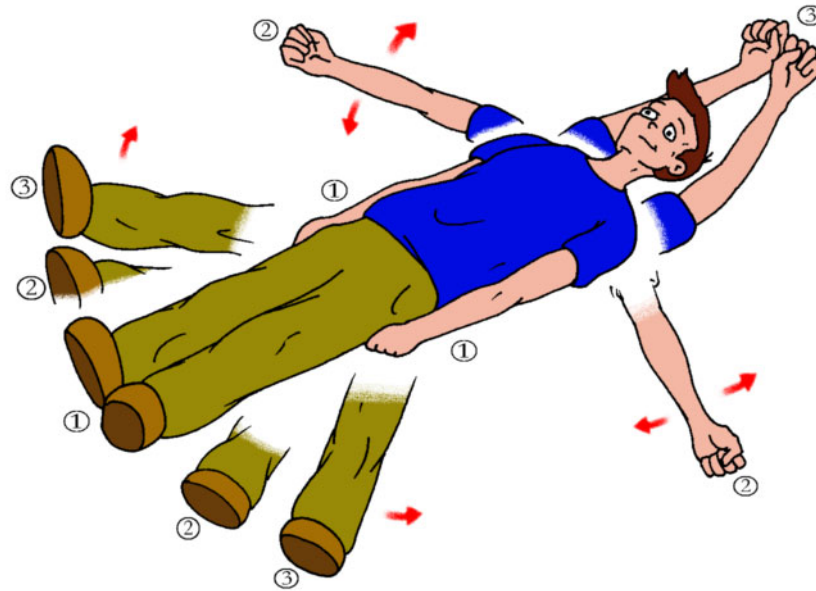
As you did Angels in the Snow 1, lie on the floor, on your back, arms at your sides, legs outstretched, feet together. Your body should be straight with your head lined up with mid-line of your body. Only arms and legs are going to move. Move your arms out sideways until they reach above your head and the palms of your hands touch. Arms should stay almost straight with only a slight bend at the elbow. At the same time move your legs apart slowly until they are a comfortable width apart. Your knees should not bend and hips should not lift off the floor.

When legs have moved out to a comfortable width and hands have touched above the head, **immediately** start moving your arms and legs back to the starting position. Arms should touch your sides at the same time as your feet touch. Try to breathe in as arms and legs move out then breathe out as arms and legs come back. Make sure arms go all the way to the top and hands touch before you start to bring arms back down again. Arms and legs should start and finish at the same time.

Notes for helpers:

The simultaneous movement of both arms and both legs should now be easy as this has already been practiced in Angels in the Snow 1.

Turning on your Brain 3



Step 2. Stop / start, one part

Now while you are moving both arms and legs so they start and finish at the same time (with no delay when hands touch above your head), your helper will call one part which you will have to stop or start. Your helper may call:

1. Right arm
2. Left arm
3. Right leg or
4. Left leg

To begin, your helper tells you which arm or leg they would like you to stop. Take your time and while you keep moving both arms and legs out and in, try to think about how you will stop the part. Then when you have decided how to do this, change your movement when you are at the closed position (arms by sides & feet together). There should be no hesitation or stopping before you change to stop the arm or leg. When you first try stopping one part you may have to move both arms and legs in and out several times before you are ready. The next time your helper calls a different arm or leg, you will have to change how you are moving based on their instructions. You may then be moving one, two or three parts.

Turning on your Brain 3

If they call an arm or leg that's moving, this limb will stop, but if they call a part that's already stopped, this part will move. Only the part that is called changes its action.

For example, if your helper says '**right arm**', you will have to stop your right arm. While you move both arms and legs think about how you will stop the right arm and keep the left arm and both legs moving. When you know how to do this, stop the right arm the next time both arms are by your sides and your legs are together. Your goal is to stop the right arm without any hesitation, so the movement of left arm and both legs will continue smoothly.

If next your helper says '**left leg**', you will now have to stop the left leg as well. The right arm remains stopped. So, keep moving left arm and both legs while you think about how you to stop your left leg as well. When you are ready, change (at the closed position) so that left arm and your right leg will be moving. For this activity you may be moving 1, 2, 3 or 4 limbs. You must continue to move slowly and smoothly so that arms and legs start and finish at the same time with no delay when in the open position.

Your goal is stop / start one limb at a time, when at the closed position, without any hesitation.