

# Look, Ring, Touch, Back

This activity makes you think by moving your eyes, arms and legs in a regular pattern.

## **Step 1. Look, ring, touch, back**

Your helper stands or sits directly in front of you about arms length away, so their eyes are level with your eyes. Look at your helpers left eye and follow this sequence:

1. Look at your helper's left eye and say "**look**".
2. Make the thumb and finger of your right hand like a ring and raise the right hand just in front of your right eye, so you look at your helper's left eye through the ring formed by your thumb and first finger, and say "**ring**". The ring should be directly on a line of sight with your helper's left eye.
3. Reach out with your **right** hand, looking through the ring so that you can always see your helper's left eye in the middle of the ring, until you touch your helper's face with the ring over their eye, and say "**touch**".
4. Move your right arm back to your side and say "**back**".
5. Look at your helper's right eye and say "**look**".
6. Make the thumb and finger of your left hand like a ring and raise the this hand just in front of your left eye, so you look through the ring at your helper's right eye, and say "**ring**".
7. Reach out with your **left** hand, looking through the ring so that you can always see your helper's right eye in the middle of the ring, until you touch your helper's face, and say "**touch**".
8. Move your left arm back to your side and say "**back**".

Continue looking from one of your helper's eyes to the other, saying "**look, ring, touch, back.**" and moving the appropriate arm.

**Your goal is to keep your helpers eye in the middle of the ring formed by your thumb and first finger at all times.**

## **Step 2. Look, ring, touch, back - with step**

Now your helper will now stand further away so when you move your arm forward, looking at your helper's eye through the ring formed by your thumb and

finger, you have to step forward on the same foot to touch their face with the ring over their eye.

Now the pattern is:

1. Look at their eye as you say "**look**",
2. Raise your right hand with the ring over your eye and sight your helper's left eye through the ring as you say "**ring**",
3. Step forward on the right foot as you move your right hand forward continuing to sight their eye through the ring, until you touch their face as you say "**touch**", then
4. Lower the right arm back to your right side as your right foot steps back and you say "**back**".

Continue looking from one of your helper's eye to the other, moving your arm and leg and saying what you are doing.

**Your goal is to keep your helpers eye in the middle of the ring formed by your thumb and first finger at all times.**

### **Step 3. Look, ring, touch, back - with step, opposite foot**

Now when you move your arm forward, sighting your helpers eye through the ring, step forward on the **opposite** foot.

**Your goal is to keep your helpers eye in the middle of the ring formed by your thumb and first finger at all times.**