

# Which is my Right Hand?

It is often confusing when you are asked which is your right or left side. You only need to know one of them - if one side is right, the other has to be left.

## **Notes for helpers:**

This activity is done as many times as possible every day - you should try to do this at least 20 times every day.

## **Step 1. Which is my right hand?**

Stand with equal weight on each foot, close your hands into a fist shape and raise both arms so they point straight out in front of you and they make a right angle from your shoulders. Elbows are straight and palms down.

Look at your left hand then lower your left arm back to your side.

Look at your right hand and say '**this is my right hand**'.

Lower your right arm back to your side.

## **Notes for helpers:**

Some will need a cue to help remember which hand is their right hand. You may have to start by putting a sticker or painting a coloured spot on the right hand, so it is immediately identified. With practice, remove the cue.