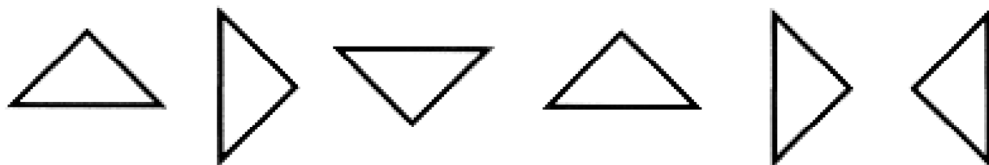


Directional Triangles

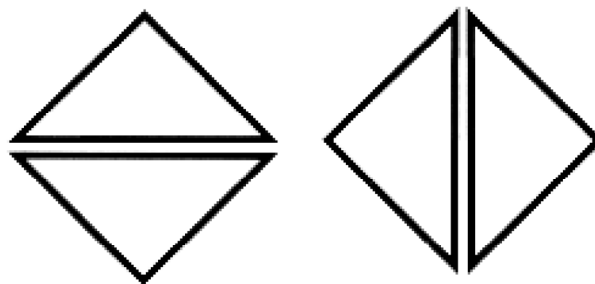
This activity helps you with directions, but you have to go fast. The chart for triangles can be printed from the charts menu at the top of the screen. This is a speed task, where you are trying to beat your previous time.

Step 1. Triangle chart

Sit at table in a relaxed, but balanced posture, with both feet on the floor. Place the triangle chart on the table in front of you. Notice that the chart has triangles that point, like arrows, to the left or right, or up or down.



At the bottom of the chart are 4 larger triangles, in pairs, the up and down triangles are together and the right and left triangles are together.



Make your hands like a pointer by closing your fists and extending your index finger. You will touch each triangle on the chart then touch the matching triangle at the bottom of the chart.

Use:

1. Your right hand for right pointing and up pointing triangles.
2. Your left hand for left pointing and down pointing triangles.

Touch the first triangle on the chart with the appropriate hand, then touch its pair at the bottom of the chart with the same hand. Continue along the chart.

touching the triangle at the top with the appropriate hand, then touching its matching triangle at the bottom with the same hand. Your aim is to increase your speed.

As you practice, you should be able to go faster, but still remain accurate. However don't go faster if you are not accurate. When you can complete the chart in about 50 seconds you can go on to the next level.

Your goal is to correctly match each triangle on the chart with its pair at the bottom of the chart, with the appropriate hand. Your goal is to complete the chart accurately in 50 seconds or less.

Step 2. Triangles to a beat

Click on '**beat**' at the top of this screen. The beat will be set at 1.0 second. Now touch each triangle on the chart, and its matching triangle at the bottom, with the appropriate hand, in time to the beat.

Your goal is to correctly match each triangle on the chart with its pair at the bottom of the chart, with the appropriate hand, in time to the beat.

