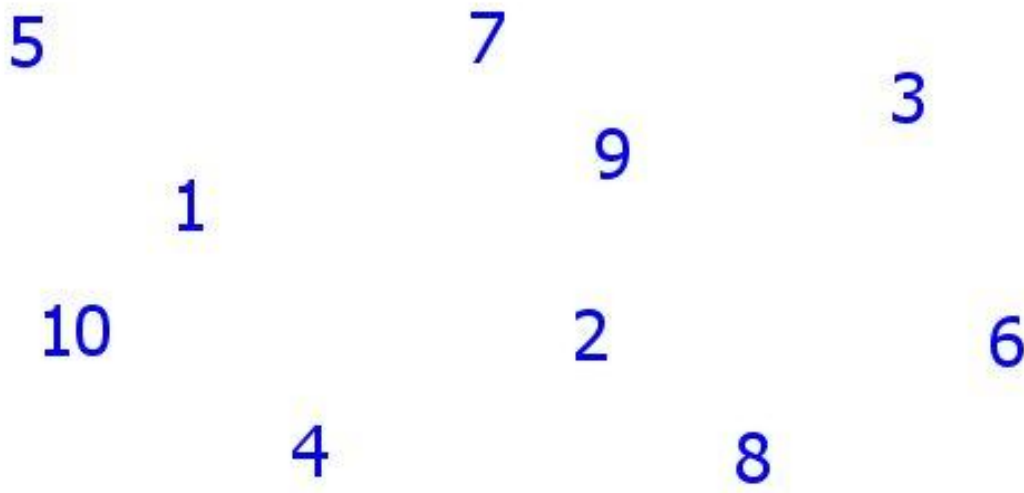


Circling Numbers

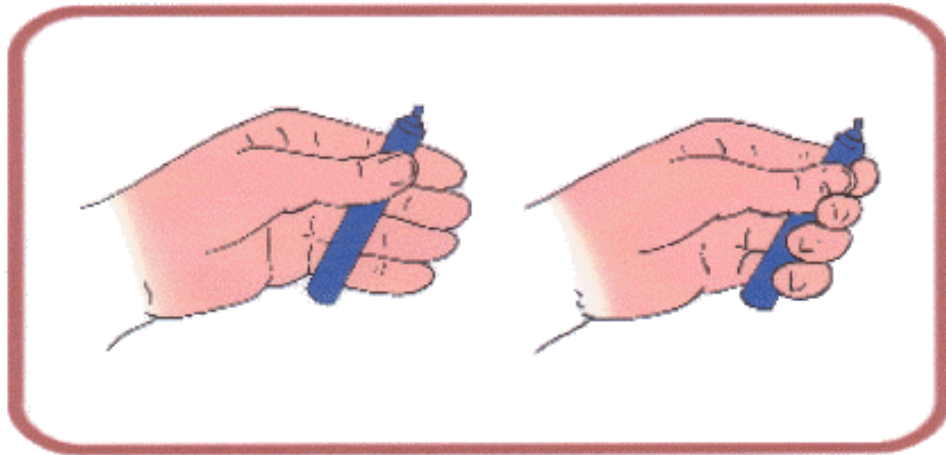
This activity helps your eyes and hands to work together better. You will also develop an ability to scan with your eyes while using your hand to draw and develop a wider field of vision. You will need a whiteboard, a chalkboard, or a large sheet of paper and some chunky chalk or whiteboard markers.

Step 1. Circling numbers

Your helper will write the numbers from 1 to 10 on a whiteboard or chalkboard in random order. An example is shown below. There should be at least 5cm of space between each number.



Stand facing the middle of the whiteboard, in a balanced posture with equal weight on each foot, while holding the chalk or marker, in your dominant hand, like a sword with thumb on top and fingers underneath as shown below.



Begin by circling the number **1** three times in a **clockwise** direction. Without stopping or taking the marker off the board, move the marker to the number **2**, then circle the number **2** three times in an **anti-clockwise** direction. Keeping the marker on the board move it to the **3** and circle it three times in a **clockwise** direction. Keep moving the marker from one number to the next, circling each number in the correct order, changing the direction of rotation with each successive number as shown below. You should try not to cross any other number, when moving the marker.

When you can circle each number from 1 to 10, changing direction of rotation for each number, try to go faster. Have your helper time you with a stop watch. Try to beat your time each day.