

Halopin Hands

This activity makes you name things accurately and quickly and you also have to name directions.

The chart for Halopin Hands can be printed from the charts menu at the top of the screen.

Attach the coloured Halopin Hands chart to a wall at eye level about 1 metre in front of you. You will notice that the chart has hands of different colours, some are right hands, some are left hands and each hand is holding up from 1 to 4 fingers or a thumb. You have to 'read' the chart in many different ways.



Step 1. Call the colours

Read the chart as fast as you can, naming the colour of each hand. Practice until you can name the colours of each hand on the chart correctly, going from left to right on each row, very quickly. Your helper will time you with a stop watch - try to beat your previous time with each successive attempt at reading the chart. A good time would be under 30 seconds, an excellent time would under 20 seconds.

Step 2. Call the number of fingers

Read the chart as fast as you can, saying the number of fingers on each hand. Count all the fingers including the thumb. Again, your helper should time you and you can try to beat your best time. A good time would be under 30 seconds, an excellent time would under 20 seconds.

Step 3. Call right or left hand

Read the chart as fast as you can naming each hand, either right or left. Time each attempt and try to beat your best time each time you read the chart. A good time would be under 30 seconds, an excellent time would be under 20 seconds.

Step 4. Call colour or number of fingers

Read the chart, as fast as you can, alternating between naming the colour and the number of fingers, i.e. name the colour on the 1st, 3rd, 5th...etc and the number of fingers on the 2nd, 4th, 6th etc... Again, time how long it takes you to read the chart and try to beat your time with each successive attempt. As this takes a little more thinking, it will take you longer - a good time would be under 45 seconds, an excellent time would be under 30 seconds.

Now try this again but call the number first and colour second, alternating between number of fingers and colour for each hand. Again time how long it takes and try to go faster each time.

Step 5. Call colour and right or left

Read the chart as fast as you can, alternating between colour and the name of each hand (either right or left), i.e. name the colour on the 1st, 3rd, 5th...etc and the name of the hand the 2nd, 4th, 6th etc... Again, time how long it takes you to read the chart and try to beat your time with each successive attempt. As this takes even more thinking, it will take you longer - a good time would be under 45 seconds, an excellent time would be under 30 seconds.

Also try this starting with left or right hand, so the next is colour, the next is left or right hand, etc...

Step 6. Call number of fingers and right or left

Read the chart as fast as you can, alternating between number of fingers and the name of each hand (either right or left), i.e. name the number of fingers on the 1st, 3rd, 5th...etc and the call whether the hand is left or right on the 2nd, 4th, 6th etc... Again, time how long it takes you to read the chart and try to beat your time with each successive attempt. As this takes even more thinking, it will

take you longer - a good time would be under 45 seconds, an excellent time would be under 30 seconds.

Also try this starting with left or right hand, so the next is number of fingers, the next left or right hand, etc...

Step 7. Call colour, number of fingers and right or left

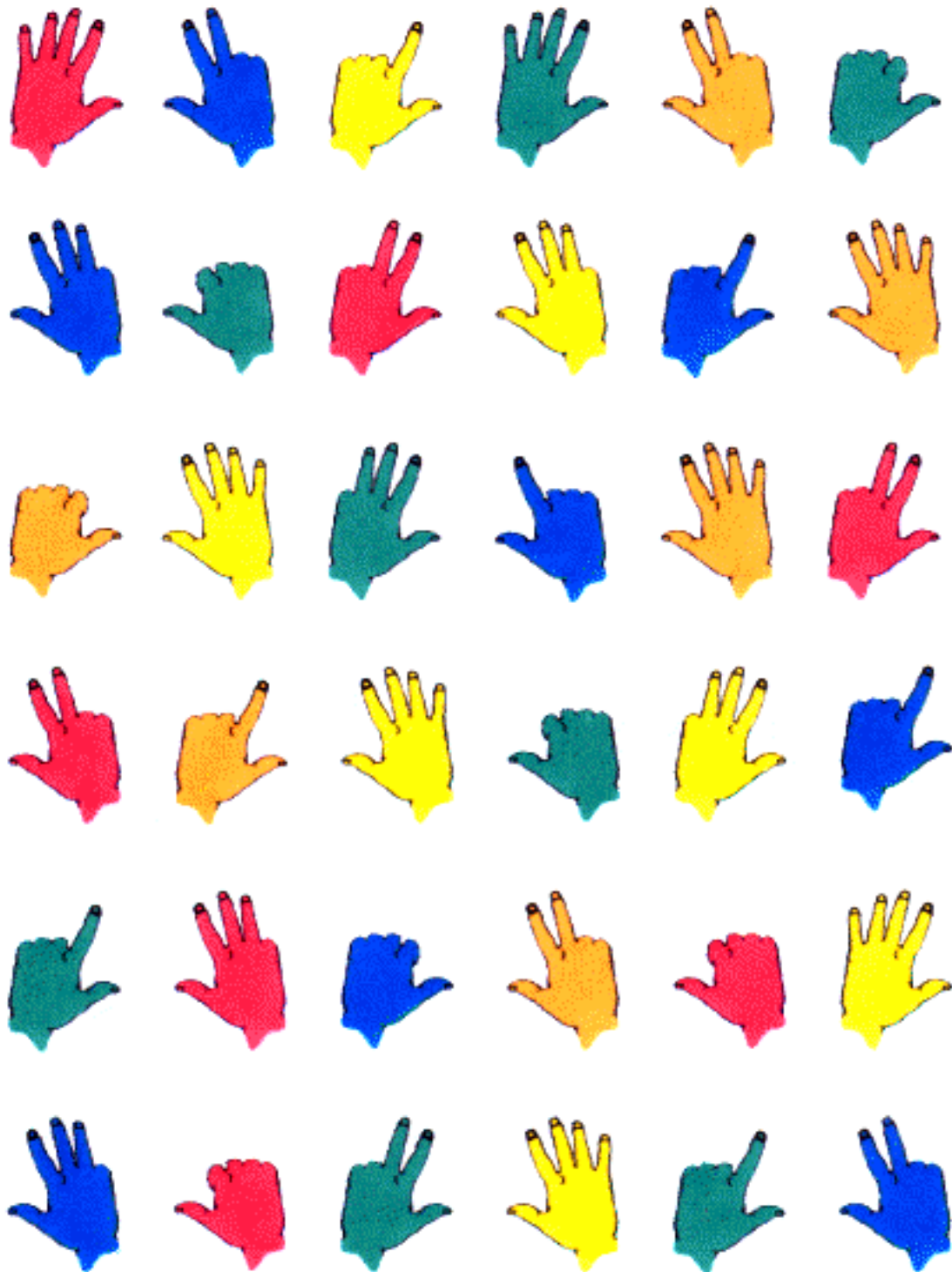
Now read the chart by calling

1. The first hand by its colour.
2. The second hand by its number of fingers.
3. For the third hand say which hand it is - right or left.
4. The fourth hand by its colour.
5. The fifth by its number of fingers, etc...

You can again mix up how you call the hands, e.g. start with number of fingers, followed by colour, followed by name of the hand, or start with name of the hand, followed by number of fingers, followed by colour.

Time yourself with each attempt and try to beat your best time. Because you have three things to think about, this is more difficult and it will take you longer. A good time would be 60 seconds and an excellent time would be 50 seconds.

Acknowledgment - this activity was developed by Richard Shanks Optometrist, Wellington New Zealand, and is used with his permission



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