

## 'Closed Eye' Looking

Here is another activity to make you think, you have to 'look' but your eyes are closed, then you check to see how close you were.

### **Step 1. 'Looking with closed eyes'**

Paint a small star or spot in the middle of each of your thumb nails. You are going to look at one of the stars on your thumb nail, then at the other, but your eyes will be closed. Stand with **eyes closed** holding both your arms out in front of you, elbows bent, with thumbs up, about 20cm apart. Your thumbs should be about 30cm in front of you. Your helper holds both your thumbs, pressing on one of the thumbs.

Your helper's instructions to you are '***point your eyes at the star on the thumb I press***'.

Your helper presses one thumb then you point your eyes at the star on the thumb they have just pressed. Your helper will be able to see your eyes moving through your closed eyelids.

When you have moved your eyes, open them up to check if you are looking directly at the star on your thumb nail.

1. What happened?
2. Where you looking directly at the star?
3. Did you have to move your eyes to look at the star when you opened them?

Your helper then presses the other thumb and you move your eyes to look at the star on this thumb nail. When you have moved your eyes, open them to check if you are looking in the right place.

**Your goal is to move your eyes accurately, with eyes closed, from one thumb to the other without, body, head or tongue movement.**

#### **Notes for helpers:**

When closed eye looking is first attempted, it is common to notice:

1. Head movement
2. Tongue and / or jaw movement

### 3. Holding breath

If you notice any of these, try to make them aware of what they are doing, but don't tell them - ask questions like '**was anything else moving when you pointed your eyes at your thumb?**' With questions, they are usually able to tell you what they did. Now tell them to point their eyes at the thumb you press, but to try not to move head or tongue.

### **Step 2. Thumbs crossed**

Now cross your arms, so that your right thumb is on your left and your left thumb is on the right. You are again asked to point your eyes at the thumb being pressed. Then open them to check how accurate you were.

### **Step 3. No touch, with beat**

Click on '**Beat**' from the menu at the top of this screen. Now you will point your eyes at one thumb then the other, but your helper won't touch your thumbs. You have to move your eyes from one thumb to the other in time to the beat using the following sequence:

1. First beat, look at the thumb with eyes closed
2. Second beat, open eyes
3. Third beat, close eyes
4. Fourth beat, look at the other thumb
5. Fifth beat, open eyes, etc, etc...

**Your goal is to point eyes accurately at each thumb in time to the beat, without head or tongue movement.**

### **Step 4. 'Look' to the sound**

Turn off the beat by clicking on '**Beat**' again. Now eyes have to point to a **sound**. Your helper makes a sound by clicking their fingers etc. and asks you to point your eyes in the direction from which the sound came, with **eyes closed**. Eyes are then opened to check if they are pointing in the right place.

**Your goal is to point your eyes accurately in the direction of the sound, without head or tongue movement.**