

Two Handed Circles

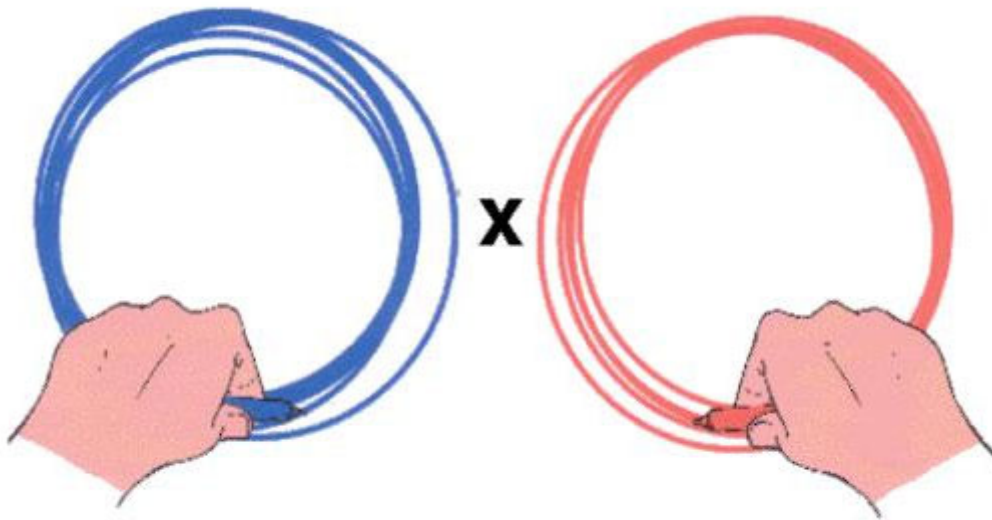
This activity starts you using eyes and hands together.

You will need a chalkboard and fat chalk, or large paper sheets and crayons, or a whiteboard and markers.

Step 1. Two hand circles

Draw an **X** at nose height on the chalkboard. Stand with feet slightly apart, with equal weight on each foot, facing the chalkboard so that the **X** is directly ahead of the nose.

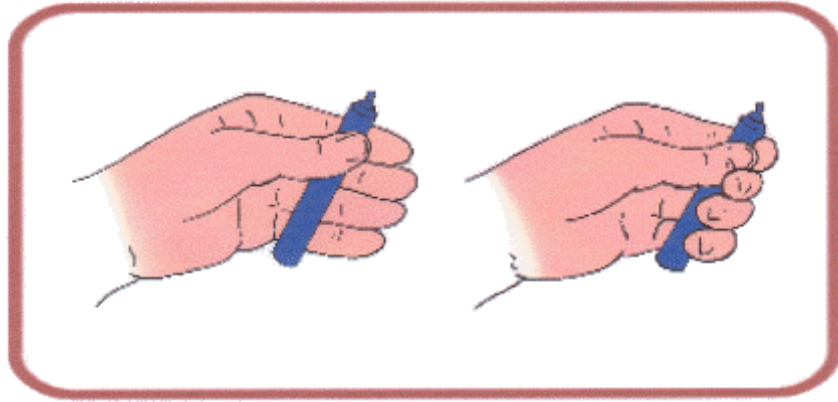
Pick up a piece of chalk in each hand, holding it with the tips of all fingers on top of the chalk and the tip of the thumb underneath. While looking at the **X** draw a large circle with each hand at the same time, one circle on each side of the **X**. (Hands should move in **opposite directions** i.e. both hands start moving up and out from the centre, or down and out).



Keep drawing the circles while looking at the **X** for 20 rotations. With practice both circles should be **round** and about the **same size** and **height** relative to the cross. Both chinks should trace the same path each time as if they were on a track.

Notes for helpers:

The chalk or marker should **not** be held like a pencil, as this may not tell the brain accurately where the writing object is located. The chalk, crayon or marker should be held between the tip of the thumb and the inside of the first joint of the index finger, with the chalk sloping to the inside of the knuckle of the little finger. It should be held by the index finger and thumb, so that the thumb pushes the chalk gently into the first joint of the index finger. The other 3 fingers lightly rest on the chalk.



Step 2. Wheels

Now try moving both hands in the **same direction** like wheels on a bike. Now both hands will go clockwise or both anticlockwise at the same time. Change direction every five loops.

Step 3. Drop outs

Now start with hands going in opposite directions, but **stop one hand** so it moves down to your side while the other hand continues to draw the circle. Then bring back this hand so both keep drawing the circles. Also try this with both hands going in the same direction.