

Look, Ready, Touch, Back

This activity makes you think by moving your arms and legs in a regular pattern, in time to a beat.

Step 1. Move arms only

Your helper holds a pencil in each hand so the pencils are about 50 cm (20 in) apart. You stand facing the pencils about 50cm away. You now look from the top of one pencil to the top of the other in the following sequence:

1. Look at the pencil on the left and say "**look**".
2. Raise the left hand to touch the left shoulder and say "**ready**".
3. Reach out with the **left** hand to touch the top of the **left** pencil with the tip of your first finger, and say "**touch**".
4. Put the left arm back down by the side and say "**back**".
5. Look at the pencil on the right and say "**look**".
6. Raise the right hand to the right shoulder and say "**ready**".
7. Touch the pencil on the right with the tip of your right index finger and say "**touch**".
8. Move the right arm back down by the side and say "**back**".

Continue looking from one pencil top to the other saying "**look, ready, touch, back.**" and moving the appropriate arm. **Make sure you do what you say** - your actions should occur at the **same time** as you say look, ready, touch or back.

As soon as this basic pattern is easy, click on '**Beat**' at the top of this screen so you now look and move in time to the beat, i.e. First beat - look, second beat - ready, third beat - touch, fourth beat - back.

Your goal is to move, look and talk in time to the beat in the 'look, ready, touch, back', pattern.

Step 2. Move arm and leg on the same side

Turn off the beat by clicking on '**Beat**' again. Now when you touch the pencil with your hand, step forward on the foot on the **same** side at the **same time** and say "**touch**" and step back as you bring the arm back and say '**back**'.

Your helper will now stand further away from you so that you must actually step forward to touch the target.

Now the pattern is: look at the pencil on the left as you say '**look**', raise your left hand to the left shoulder as you say '*ready*', step forward on the left foot as you touch the left pencil with the tip of your left index finger as you say '**touch**', then lower the left arm back to your side as your left foot steps back and you say '**back**'. Repeat the same sequence but with the right hand and foot.

Continue looking from one pencil to the other, moving your arm and leg and saying what you are doing - again make sure you do what you say at the same time.

As soon as you are comfortable with the pattern of movement, turn on the beat and move look and talk in time to the beat.

Your goal is to move, look and talk in time to the beat.

Step 3. Move arm and leg on opposite sides

Turn off the beat again. Now when you touch the pencil, step forward on the **opposite** foot at the same time as you touch the pencil saying '**touch**' then step back as you move the arm back saying '**back**'.

Make sure your helper stands far enough away from you so that you must actually step forward to touch the target.

Again, as soon as the pattern is easy, turn on the beat again, so you can look and move in time to the beat.

Your goal is to look, move and talk in time to the beat.