

Follow the Spoon 2

The only thing you need for this activity is two shiny spoons. If you look at the back of a shiny spoon it's like a mirror, so you can see yourself. To help more with your attention and concentration you have to follow the spoon with only your eyes.

Notes for helpers:

This activity is always done while you hold a piece of A4 sized cardboard in one hand, so that it acts as a septum between your eyes. In this way the right eye only sees the spoon on your right side and the left eye only sees the spoon on your left side.

Step 1. 'Eyes only' for the spoon

Hold a piece of A4 sized cardboard in one hand up, against your face, directly between your eyes, so the cardboard projects outwards from your face. In this way the cardboard divides the space on each side of your face.

Stand with equal weight on each foot while your helper moves a shiny spoon in different directions in front of your eyes. You must follow the spoon with only your eyes.

The spoon will be about 20cm away, with the back of the spoon facing you, so you can see yourself in the 'mirror'. Your helper will move the spoon **very slowly**. The speed at which the spoon should move is about 1cm per second.

1. From side to side, but no more than 10 to 15cm to either side of your nose
2. Diagonally, but no more than 10 to 15cm diagonally away from your nose or
3. In a circle with a diameter of about 15cm - the circles can be in 3 different planes
 1. Directly in front of you so the spoon is always the same distance from your eyes
 2. The spoon moves up and towards you, then down and away from you
 3. The spoon moves to one side and towards you, then to the other side and away from you.

Your instructions are "**follow the spoon and try to move only your eyes**".

Start by following the spoon from side to side 3 times, then diagonally back and forth 3 times and finally follow the spoon in a circle, in each of the 3 different directions, 3 times. As you follow the spoon, sometimes it will only be seen by your right eye and at other times only by your left eye.

Your goal is to follow the spoon with your eye only, without moving your head or body.

When you can easily follow the spoon without moving your head or body, progress to the next level.

Step 2. Two spoons

Hold the piece of cardboard in the same way as before. Your helper now has two spoons, one in each hand so that there is a spoon in front of each eye, one on each side of the cardboard. They will move both spoons at the same time usually in the same pattern of movement which could be side to side, diagonally or in a circle.

You now have to follow one of the spoons then the other. Your helper will tell you which spoon they want you to follow. Keep looking at that spoon until they tell you to look at the other one. When your helper says to look at the other spoon you should immediately move your eyes to follow the other spoon.

Remember you are only to look at the spoon your helper tells you to follow, not the other one, even though it is moving as well. In this way you will follow a spoon seen only by your right eye, then one seen only by your left eye.

Your goal is to follow either spoon on command.