

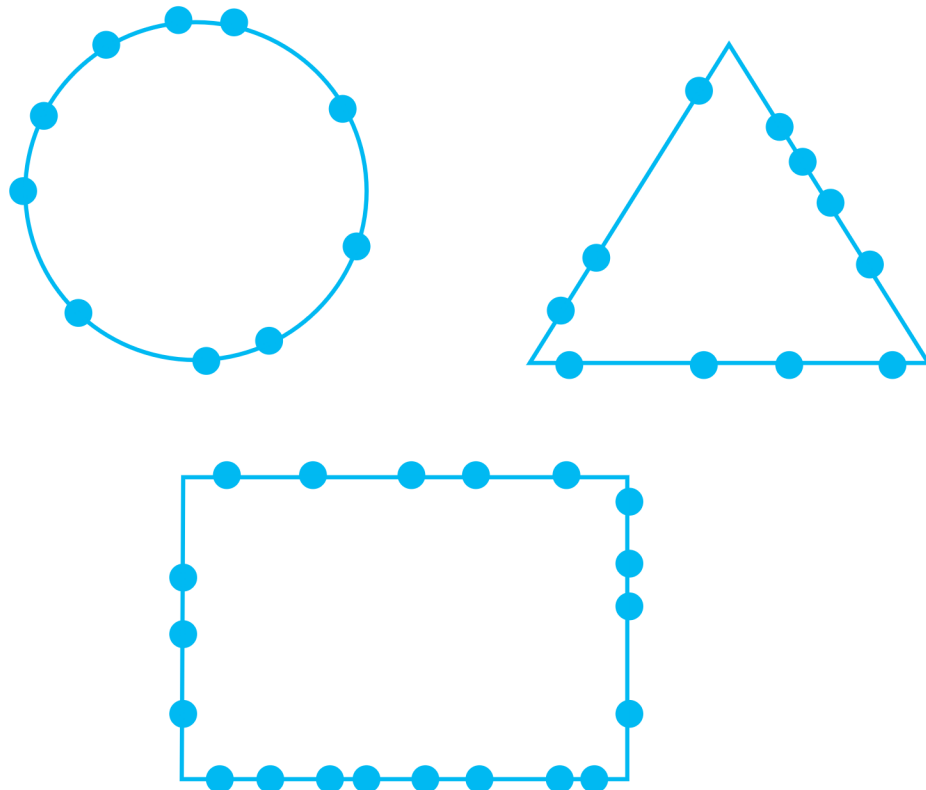
Toe Targets 2

DIRECTIONS

This is an activity that improves balance and activates both hemispheres of the brain.

During the process of walking in specific ways, the vestibular system is activated. Your ability to control your body's movement happens with your nervous system, spinal cord, brain stem, cortex, reticular system, and the limbic system working together. Information is passed up and down the body through the spinal cord. When the specific actions are executed, the tactile, auditory, motor, and visual systems sense the actions. Once the actions are completed, the cortex processes the information and performs higher-order thinking from the information generated during the activity. The cortex provides feedback as well as updates the memory banks.

This is why the vestibular system is considered the entryway to the brain and is said to have the most important influence on everyday functioning. It is “the unifying system that directly or indirectly influences nearly everything we do,” (Hannaford, 1995, p. 38).



SET-UP

Make a line poker chips or small circles or rectangles on the ground or floor in randomly large circular or rectangular shapes, spacing them a variety of distances apart. Each target or chip should be slightly larger than a half dollar coin.

You may cut out the chips on the next pages and use them.

OBJECT OF THE GAME

Precisely targeting the toe of each foot on a randomly spaced target (spot) and keep your balance. This requires a higher level of balance and visual motor control than normal walking requires. It is harder than you might think!

This activity is helpful for those that have difficulty with keeping their place in a book while reading, those that skip or repeat words while reading, as well as slow and labored handwriting. This is also beneficial for those that spend a lot of time sitting and working in front of a computer or other electronic device. Additionally, it is helpful for those with neck and/or back problems.

PLAY

Each turn, players must walk around the shape, precisely targeting the toe of each foot on the randomly spaced target (spot) and keep your balance.

MORE ADVANCED TOE TARGET 2 ACTIVITIES

Alternate the shapes you are walking in from squares to circular shapes and even 5-sided or 6-sided shapes in the same way as described above.

Do the same activities as described above but increase your speed.

THINGS TO LOOK FOR

1. Observe the accuracy the student targets the toe and how balanced and relaxed he/she is while doing the activity.
2. When the activity becomes stable and accurate, try to do it faster with the same accuracy. The faster this activity can be performed accurately, the higher the level of performance.
3. Additionally, observe over time how efficiently the student works on reading or other academic or work related pursuits.

