

# Toe Targets

## Activity 1

Place poker chips or small circles or rectangles on the ground or floor in randomly spaced distances covering thirty to forty feet. Each target or chip should be slightly larger than a half dollar coin.

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

Walk down the line of dots and per her or his toe on the chip so that the tip of their toe is centered on the chip.

Precisely targeting the toe of each foot on a randomly spaced target (spot) requires a higher level of balance and visual motor control than normal walking requires.

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.

### Things to look for:

Observe the accuracy the student targets the toe and how balanced and relaxed he/she is while doing the activity. 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. Additionally, observe over time how efficiently the student works on reading or other academic or work related pursuits.





