

Activities for L-R brain coordination

Pat head while rubbing stomach

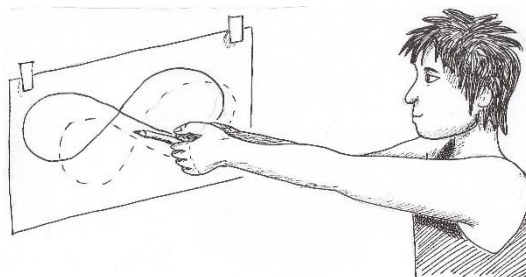
Figure 8 drawing

Ask student to draw a figure 8 holding the pencil with both hands.

Or say this rhyme several times while drawing a figure 8 in the air using both hands.

Ishy Wishy

Ishy Wishy was a fishy, swish, swish, swish.



Mirror drawing

Ask the student to take two pencils, one in each hand. Draw a dotted line vertically down the centre of a blank page. Ask them to draw something symmetrical using both hands at once, e.g. a house, a flower, a ball, a tree



Students can mirror draw in the air to this rhyme:

I can draw a circle, I can draw a square
I can draw a diamond in the air.
I can draw a tower, I can draw a flower
I can draw a pussy cat sitting on a chair

Peas Porridge

Peas porridge hot, peas porridge cold,
Peas porridge in the pot, nine days old.
Some like it hot, some like it cold.
Some like it in the pot, nine days old.

Actions:

First time: Knees, clap, pat, clap

Second time: Knees, clap, cross, cross

The “Cross crawl”

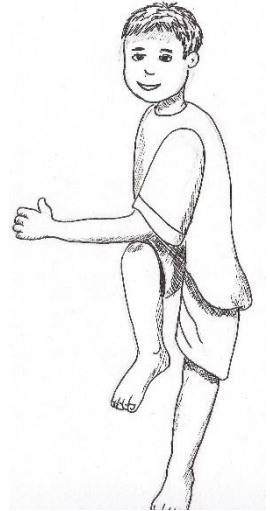
Say a rhyme such as:

One potato, two potato, three potato four
Five potato, six potato, seven potato more
Eight potato, nine potato, now we’re up to ten,
Eleven potato, twelve potato time to start again. (or no time to start again)

Actions:

While standing, do the following in time to the rhyme, said several times:

1. Lift left knee and slap with right palm.
2. Place left foot on ground.
3. Lift right knee and slap with left palm.
4. Place right foot on ground.
5. Continue with this pattern for the whole rhyme.



Ear-nose switch

Hold nose with left first finger and thumb.

At the same time hold left earlobe with right first finger and thumb.

Now switch so that right hand is holding nose and left hand is holding right earlobe.

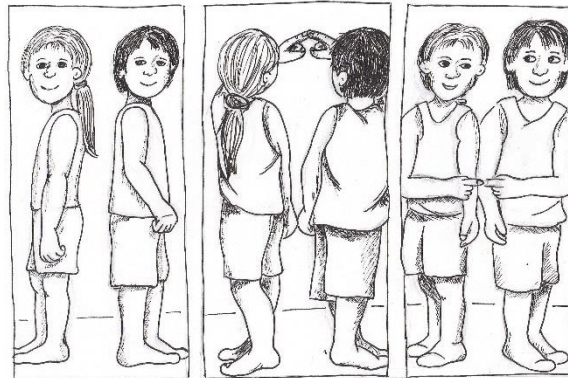
Keep switching

Bead on a String (Activity to strengthen near far focus)

String 60 cm in length and 1 bead. Student holds one end of string at chest height. The other end is tied to something like a window lever. Start with the bead far away and the adult gradually moves bead closer to the student’s nose. The student should concentrate on the bead continually. Then move the bead to the other end of the string again while the student focuses.

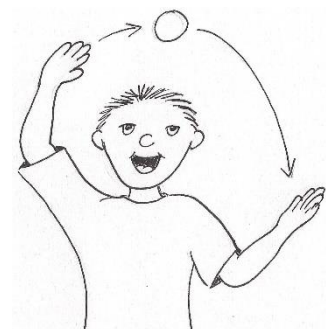
Robot Zap

Students line up in pairs, back-to-back. Students reach right hand over their left shoulders, touching the tip of the index finger of the student behind. Then they reach left hand over right shoulder. Repeat alongside their hips left and right, and finally bend over and do alongside their ankles, left and right. As they touch finger tips, they call out, “zap.”



Solo Catch

Play catch with yourself! Hold the ball in your right hand, Then toss the ball over your head and catch it with the left hand. How many times can you toss it back and forth without missing?



Brain Squeeze

Squeeze a tennis ball or play dough in the right hand hard, then in the left hand.

Over, Under

Over, under, round and through
What a tricky thing to do.

Actions:

1. Take a small object, like a rubber or eraser.
2. Stand.
3. Take the rubber in your right hand and pass it under your left knee.
4. With your left hand take the rubber and pass it under your right knee.
5. Repeat steps 3 and 4.

Simple playground equipment and activities:

- Climbing ladders
- Log or board to balance on, jump over in zigzag pattern
- Swings
- Overhead bars to swing from, cross over
- Jump ropes
- Balls to shoot into basket, kick at goal, hit with bat, bounce to another student