

ARROW DIRECTIONALITY

PURPOSE: To develop greater skill and awareness of self in dealing with direction in space

APPARATUS: Pencil, work sheet (supplied), chalkboard, metronome

METHOD:

1. Work sheet is composed of six rows of circles with six across. Each circle has an arrow pointing either right, left, up or down in random order.
2. Have patient name and touch (or point to) the arrows using the various instructions listed below ("a" through "i"):
 - a. Touch and name all *right* arrows with right hand. Say "Right" each time.
 - b. Touch and name all *left* arrows with left hand. Say "Left" each time.
 - c. Touch and name all *up* arrows with right hand. Say "Up" each time.
 - d. Touch and name all *down* arrows with left hand. Say "Down" each time.
 - e. Touch and name all *right* and *left* arrows with right hand, then with left hand.
 - f. Touch and name all *right* arrows with right hand and *left* arrows with left hand. Say "Right" and "Left" appropriately.
 - g. Touch and name all *up* and *down* arrows with right hand, then with left hand.
 - h. Touch and name all *right* and *left* arrows with right hand, all *up* and *down* arrows with left hand.
 - i. Touch and name all arrows except those pointing *right* or *left*, or *up* and *down*.
 - j. Introduce timing, as with a metronome, as soon as it can be handled.
4. Be sure to substitute *pointing* some of the time for touching when using the metronome.
5. Following the same pattern as the worksheet, draw on the chalkboard six rows of circles with six across. Draw an arrow in each circle pointing either right, left, up or down in random order. Repeat the above steps "a" to "i," having the child touch, point to, or underline the arrows while naming the direction of each arrow. Vary the distance. Standing further back, use a pointer (yardstick or dowel) and/or a flashlight for touching and pointing.

ASPECTS TO BE EMPHASIZED:

1. Accurate identification of appropriate arrows.
2. Accurate and easy use of appropriate hand, individually or alternately used.
3. Ability to deal with arrows and hands rhythmically and smoothly when timing (metronome) is added.

MONOCULAR _____ BINOCULAR _____ SEPTUM _____ LENSES _____ TIME _____