

Circulation

EQUIPMENT

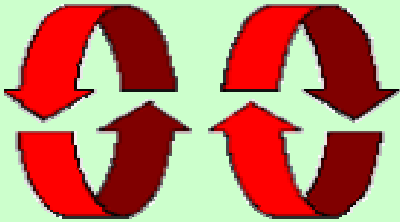
None.

BEFORE

None.

AFTER

SEE ALSO the **BrainBites** activities "[Heads and Tums](#)" & "[Ears and Noses](#)"



DESCRIPTION

NOTE: It is a good idea for the teacher to practice this activity beforehand if they wish to avoid embarrassment.

Students need room to stand and move a little.

The teacher explains to students (and, if brave enough, demonstrates):

- Stand - so that you have space in front of you.
- Hold your **right** hand in front of you so that your index finger is level with your eyes and about 20 cms away.
- Draw a circle with your **right** hand - about the size of a large plate - moving your index finger **away** from your body to start with.
- Draw this circle 3 or 4 times.
- Hold your **left** hand in front of you so that your index finger is level with your eyes and about 20 cms away.
- Draw a circle with your **left** hand - about the size of a large plate - moving your index finger **towards** your body to start with.
- Draw this circle 3 or 4 times.
- Now hold **both** hands in the starting position.
- Draw 3 or 4 circles with both hands at the same time - right hand moving away from you - left hand moving towards you - so that hands are moving in opposite directions.

LOGICAL

MUSICAL

INTRA-PERS.



PHYSICAL

LINGUISTIC

INTER-PERS.

NATURALIST



VISUAL