



Heads and tums

EQUIPMENT

None.

BEFORE

Students will find it easier to understand this activity being described if they are confident at identifying LEFT and RIGHT. However, even students who are not confident can participate by watching the activity demonstrated.

AFTER

BrainBites "[Ears and noses](#)" is another simple physical co-ordination activity.

See also the **BrainBites** activities "[Twos and Threes](#)", "[Alphabet Stretch](#)" and "[Body Pegs](#)"

DESCRIPTION



NOTE: It is advisable for the teacher to practice this activity in advance - unless you enjoy making a fool of yourself!

Students are instructed to:

- Pat the top of your head lightly with your LEFT HAND. (Continue for 15 seconds then stop.)
- Rub your tummy in a circular motion with your RIGHT HAND. (Continue for 15 seconds then stop.)
- Now do BOTH TOGETHER

Now swap over so that you are patting your head with your RIGHT HAND and rubbing your tummy with your LEFT HAND.

Now swap back again.

							
LOGICAL	MUSICAL	INTRA-PERS.	PHYSICAL	LINGUISTIC	INTER-PERS.	NATURALIST	VISUAL