

GOALS: Head Dissociation

Dissociation of Body Parts
 Head turns while Walking
 Left-Right Orientation
 Follow Directions
 Memory

Skill Development	Instructions	Exercise
<p>Dissociation of Body Parts: this is a very important skill of body awareness. It is the ability of one body part to work independently from the rest of the body (without associated body movements).</p>	<p>Start in the Box at the bottom of the mat.</p> <p>You are going to practice looking left and right (as if crossing a road) without losing your balance when you turn your head.</p> <p>Use the Centre Line only as a guide to walk straight (do not balance on the line).</p>	<ul style="list-style-type: none"> • Walk down the mat slowly. • While you are walking, turn your head to look left and shout out: “left”. • Turn your head to the right and shout out “right”. • Walk from bottom to top and back with head turns. Repeat x4. • Now we are going to look up and down while walking. Shout “up” when you are looking up and “down” when you are looking down. Repeat x4. <p><u>Let’s combine:</u></p> <ul style="list-style-type: none"> • You are going to look LEFT, RIGHT, UP and DOWN while walking down the mat. • Repeat x4. <p><u>Listen and Remember:</u></p> <ul style="list-style-type: none"> • Repeat the sequence/ instruction before you start walking it: • DOWN, RIGHT, LEFT, UP • LEFT, UP, DOWN, RIGHT
Feedback / Notes		