# Hands, paths, and patterns

A guide for the grown-up

## Choose a comfortable action

Tap with the hands or fingers that feel comfortable. One hand, a pointer, or an adult moving with your directions is an option. You do not need to move both hands at once. Stop if anything hurts or feels tiring.

## Show the sequence

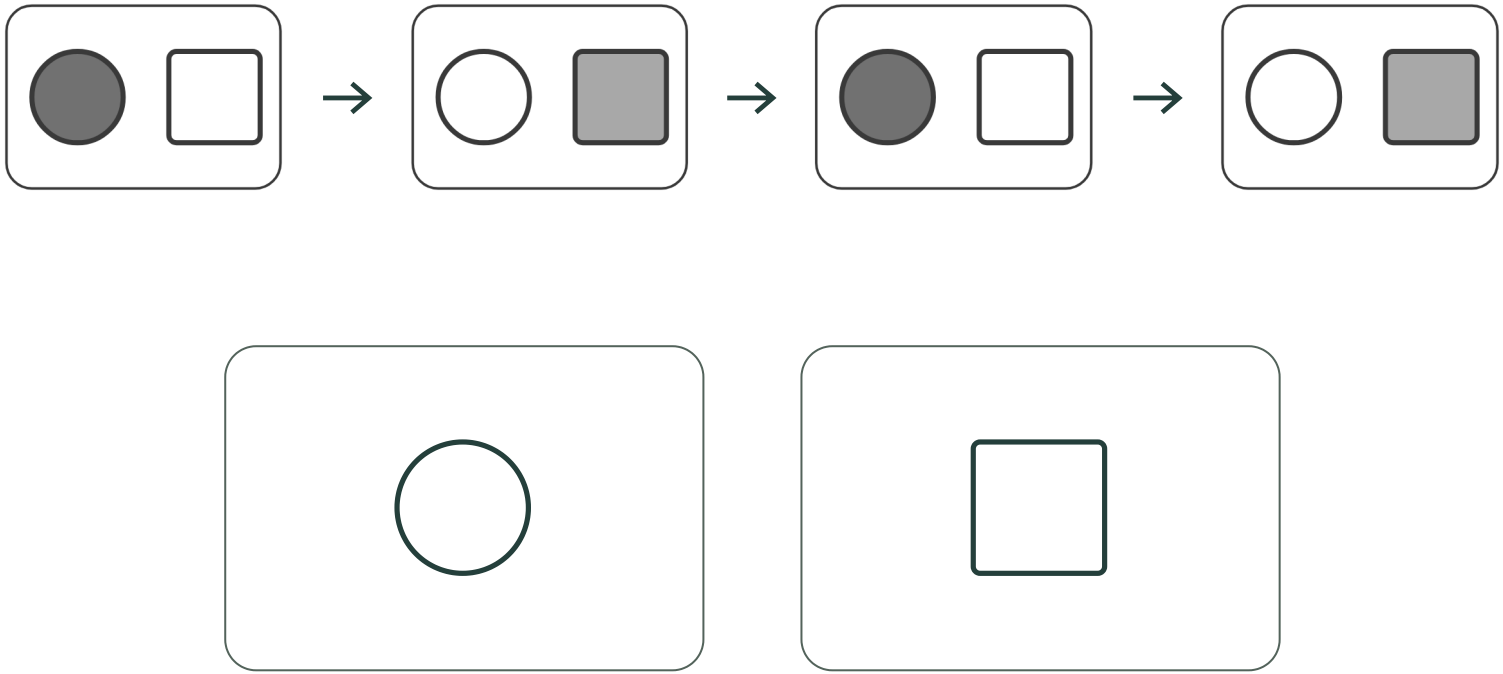
On the sequence cards, a filled circle means tap the left circle pad; a filled square means tap the right square pad. Keep the model visible. Point to one step at a time. This is practice with an order or path, not a memory test.

## Print and use

Print single-sided in landscape at 100%. Place the page flat on the table. Use a finger first and a crayon or pencil only if comfortable. Pages 2–7 are activity pages; page 8 explains the patterns. There is no score or required speed.

# Take turns

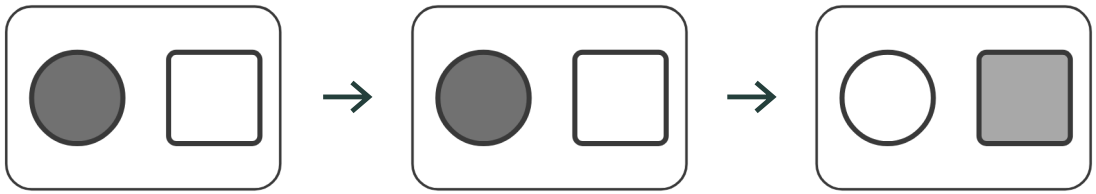
Follow the cards from left to right. Tap the filled shape.

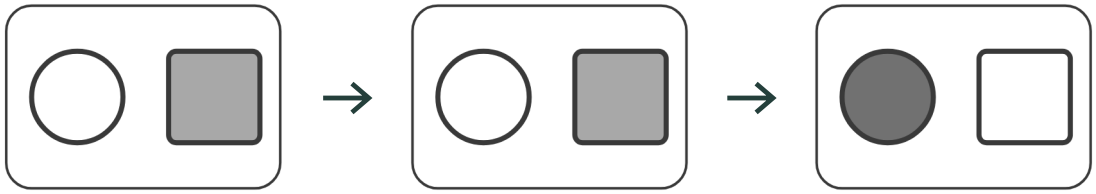


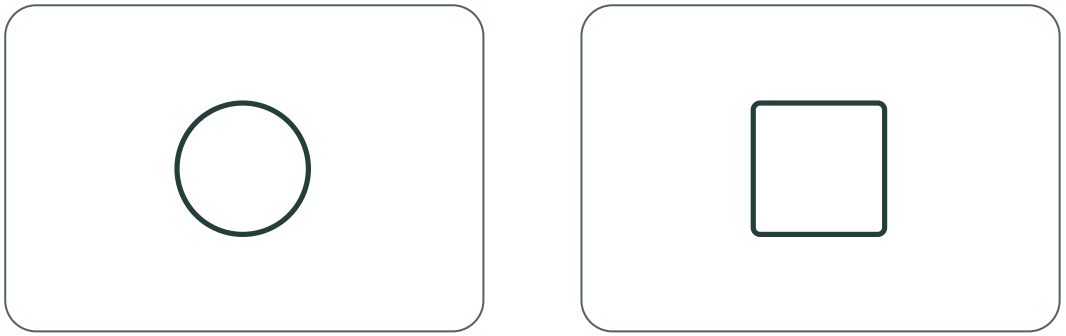
Keep the cards in view. You can point to each one as you go.

# Try a different order

Follow the first row. Then try the second row.

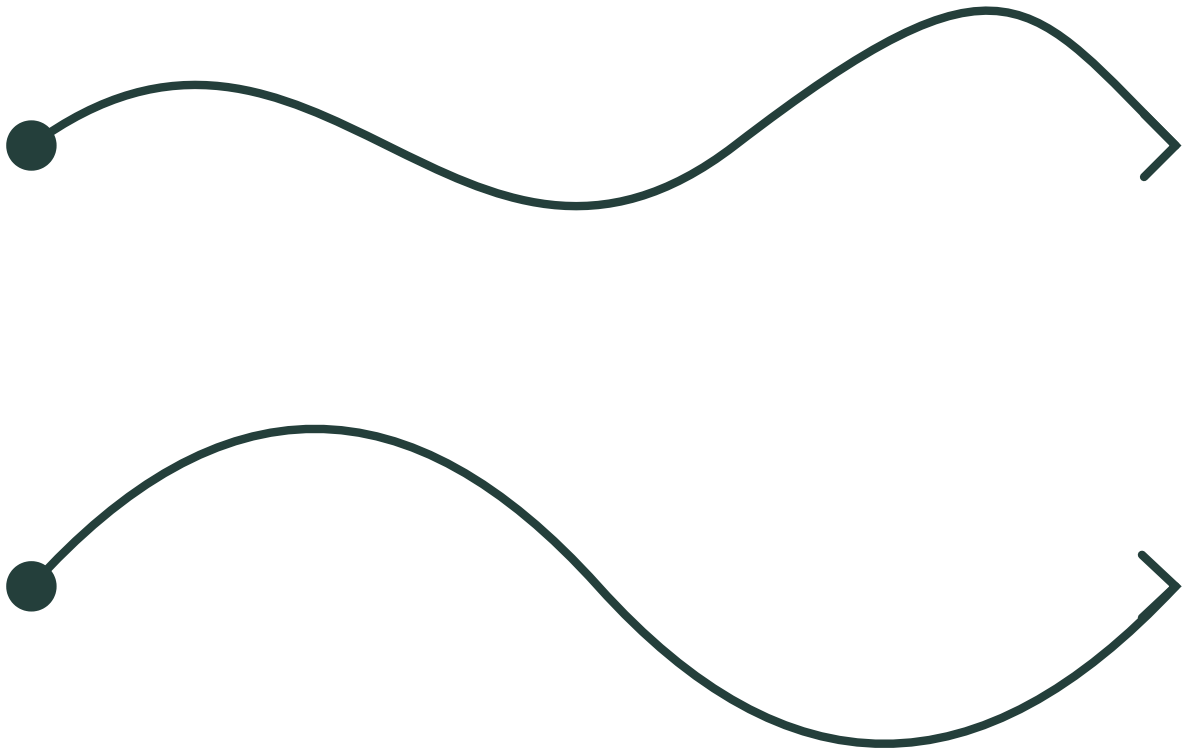






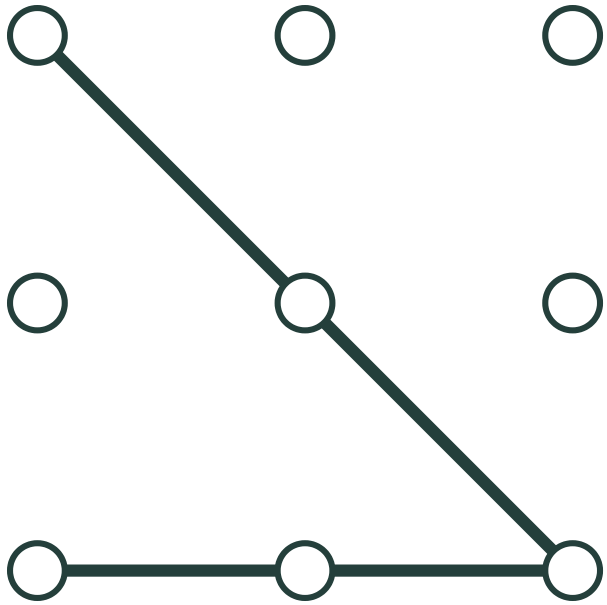
# Follow a path

Start at a filled dot. Trace to the arrow, one path at a time.

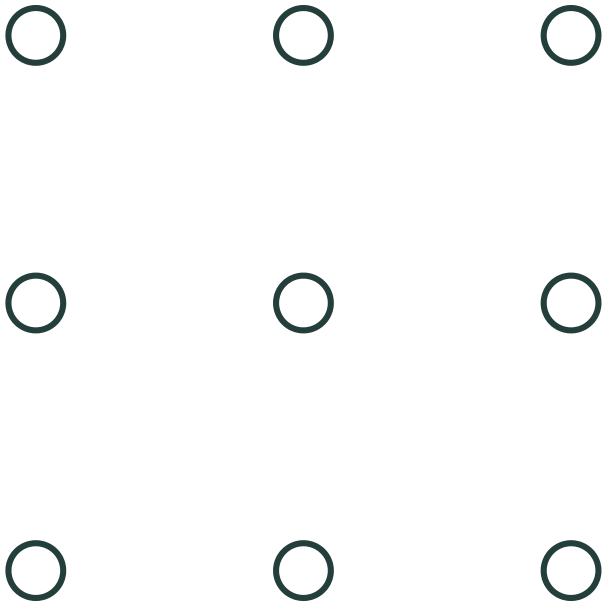


# Copy the lines

Look at the small pattern. Draw the same lines on the empty grid.



Model

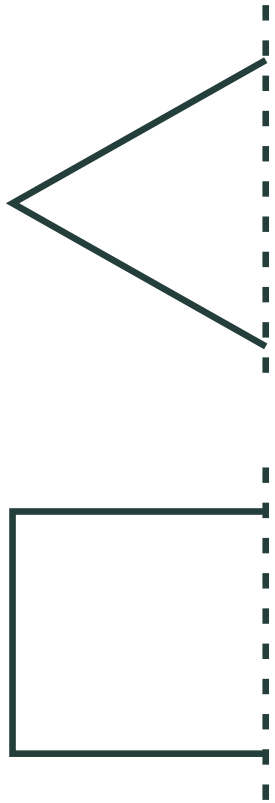


Your turn

You can trace the model with your finger first.

# Finish the other half

Draw the right half to match the left half.

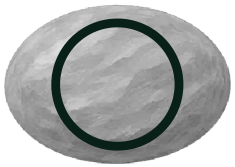


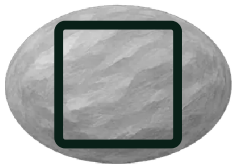
# Make a path

Join the stones in this order: circle, triangle, square.









# A note for the grown-up

Orders, patterns, and comfortable alternatives

**Take turns**
Left circle → right square → left circle → right square.

**Follow a path**
Start at the filled dot on the left. Follow the line to its arrow. Use one comfortable finger or a pointer; doing both paths at once is not required.

**Finish the other half**
The top shape becomes a diamond. The bottom shape becomes a rectangle. Mirror the distance from the dashed line.

**Keep it comfortable**
These are sequence and coordination activities, not exercises claimed to change brain hemispheres or treat a condition. Offer a different action or stop whenever needed.

**Try a different order**
First row: left, left, right. Second row: right, right, left.

**Copy the lines**
Connect top left to center, center to bottom right, and bottom right to bottom left. The last line can be drawn as two segments through the bottom middle dot.

**Make a path**
Circle at lower left → triangle at upper center → square at lower right.