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

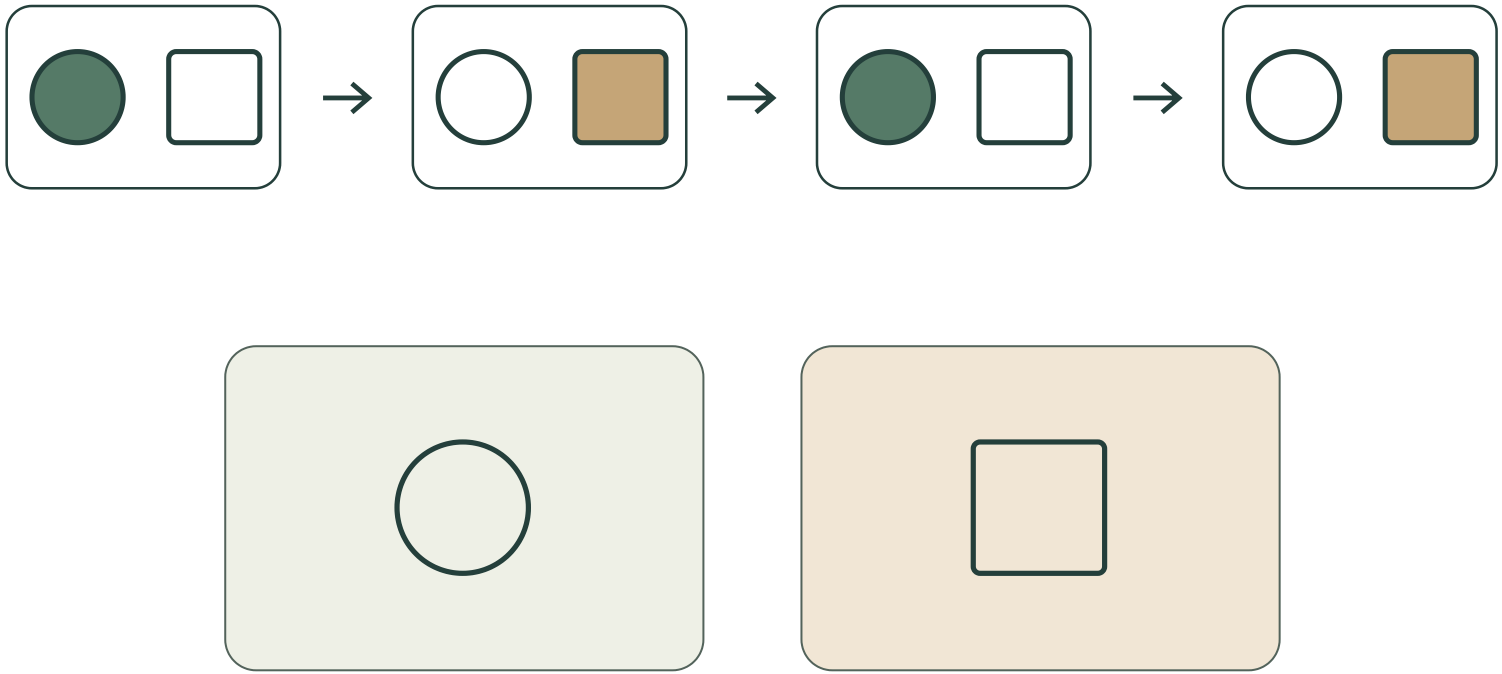
On the sequence cards, a filled circle means tap the left circle pad; a filled square means tap the right square pad. Keep the model visible. Point to one step at a time. This is practice with an order or path, not a memory test.

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

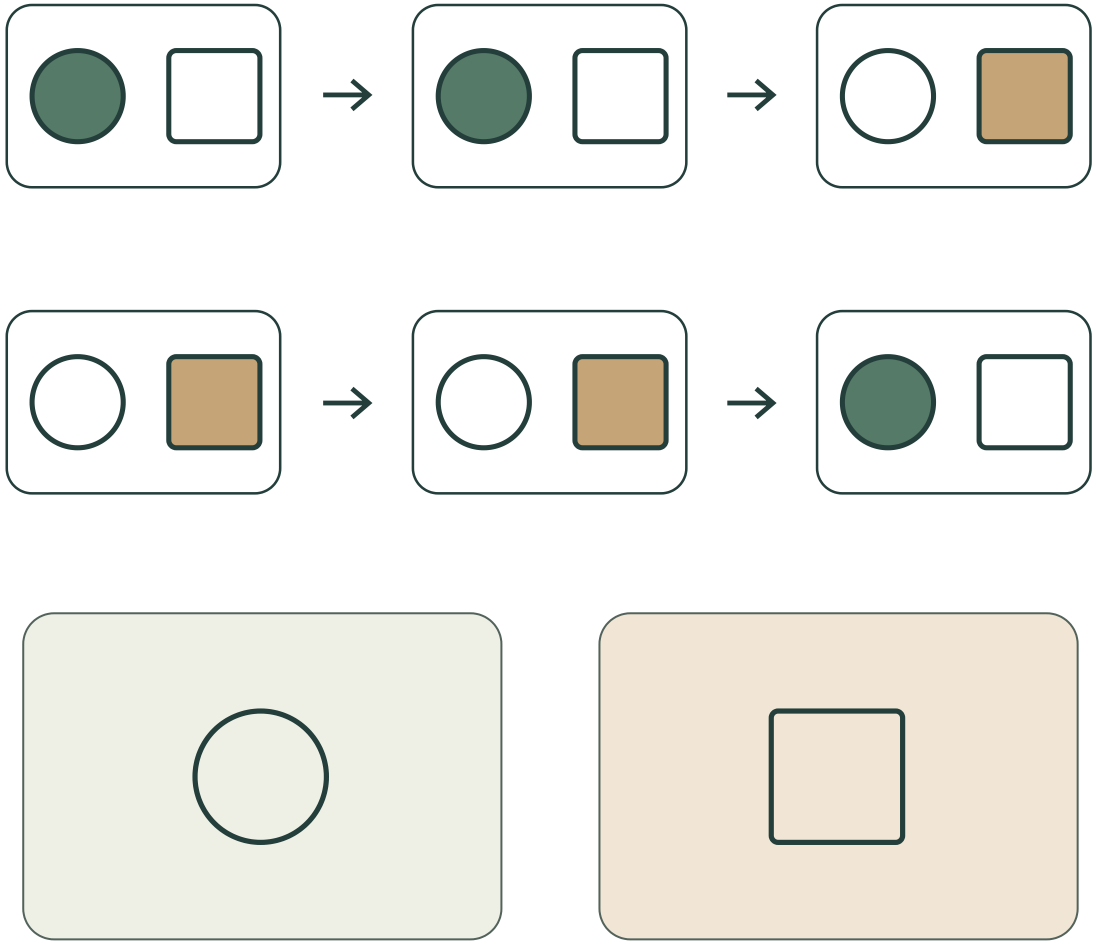
Follow the cards from left to right. Tap the filled shape.



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

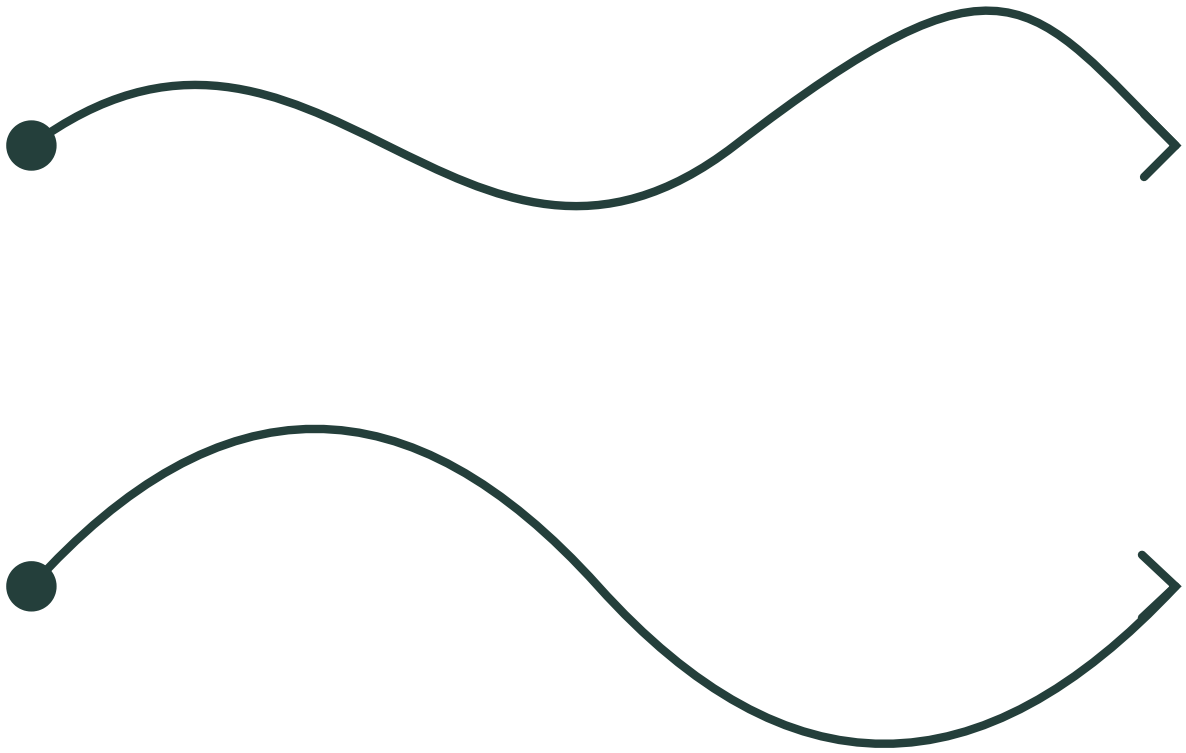
Try a different order

Follow the first row. Then try the second row.



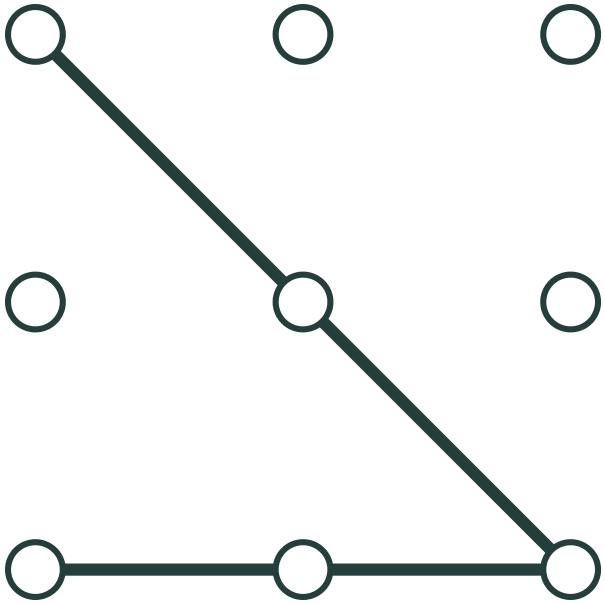
Follow a path

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

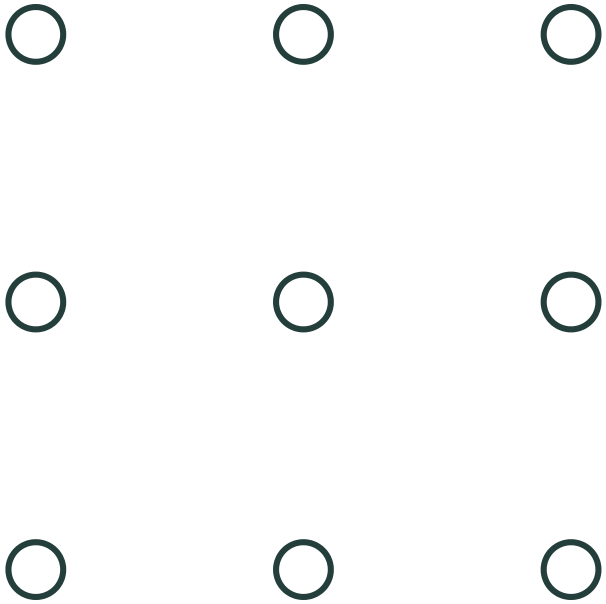


Copy the lines

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



Model

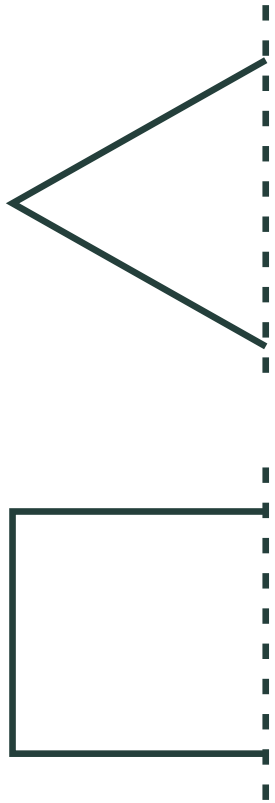


Your turn

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.