

Meeting Fingertips (pg. 11) • Mirror Writing (pg. 12) • Do You  
 Know Where Your Body Parts Are? (pg. 13)

# YOUR INTERNAL SENSE OF TOUCH

Want to Be a

lose your eyes and  
 know where your l

position of your body at this moment. You  
 s and hands are. You know if you are sitting

## MATERIALS AND EQUIPMENT

- 2 pencils

ow good are you at touching your index fingers together? Here  
 are a few tests that make a challenge out of a no-brainer.

### Method of Investigation

Stand up and extend your  
 arms sideways. Rotate  
 your extended arms from  
 your shoulders three  
 times. Now close your  
 eyes and try to get your  
 fingertips to meet without  
 going past each other.

With your eyes open, try  
 this again using pencils  
 pointing directly at each  
 other. Are you more or  
 less accurate with the  
 pencil points than with

your fingers? Try again,  
 this time keeping one eye  
 closed. Then try with both  
 eyes closed.

Close your eyes and raise

right index fingertip. Try  
 this motion several  
 times, first touching your  
 nose and then attempting

### Observations & Suggestions

head. Keep your left  
 hand perfectly still.  
 Touch the tip of your  
 nose with the index  
 fingertip of your right

Key words: kinesthesia • proprioception | Available for and



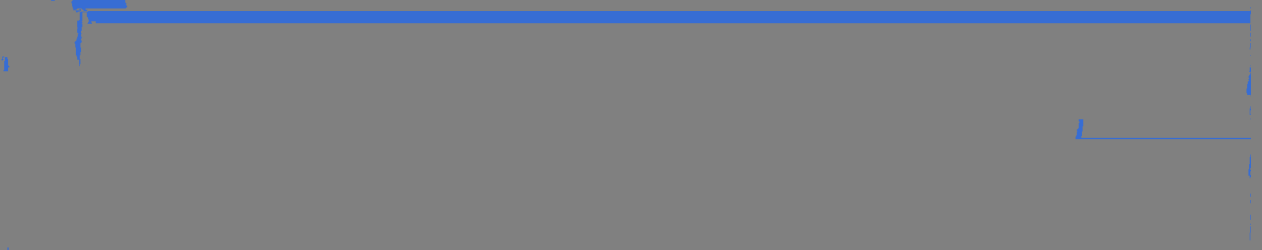
Can you write backward? Try writing a sentence while looking at your writing hand in a mirror. This is nearly impossible because vision dominates your proprioceptive sense. Moving your hand from left to right is difficult because

## MIRROR WRITING



- 1. You will need:
- paper
- pencil
- light
- mirror

You can actually fool your proprioceptive sense into thinking you're writing from left to right by writing on the left side of your forehead. Then write your name or a word such as *hello* on the left side of your forehead. When you look at what you've written, it appears illegible. But if you



Stand at arms length from the mirror. Hold your hands in fists and straight out in front of you. The mirror is positioned directly in front of your eyes.

## ZEROING IN

MATERIALS  
AND  
EQUIPMENT

- pencil or pen
- paper

If you're blind, how quickly would you learn to feel your way around a zero? Would it be easier to do some things than others? Here are some tests to help you find out.

## Method of Investigation

1 Make a zero about  $\frac{1}{2}$  inch in diameter on a sheet of paper that is lying on a tabletop. Raise your nose at least an inch above your

head, close your eyes and make a dot on the paper as close as possible to the center of the zero. How close did you zero in on the zero? Try again. Any better luck? Now try with your eyes open.

On a lined sheet of paper, sign your name.



Most people find that looking at the zero between trials improves their performance. Practice also *improves performance. It may seem to be essential for*

• Key Words: proprioception • hand-eye coordination