



Hand-Eye Coordination



Rainbow® Juggling Scarves

Hand-Eye Coordination is the coordination of your vision and hand movements to complete a task. Everything from hitting a fastball to eating your dinner requires hand-eye coordination. The Active@Home™ hand-eye coordination cards introduce a number of activities that will help practice and improve hand-eye coordination.

@Home
Equipment Substitution

• Plastic Bag

Juggling

Juggling is a popular activity and one of the best activities to teach and improve hand-eye coordination. Not only is juggling great for improving hand-eye coordination it also teaches ambidexterity. Ambidexterity is the ability to use both the left and right hand equally well. In order to successfully juggle you must be able to use both your left and right hand equally well, and they must work together to keep the objects in the air without falling. In the following cards you will learn tossing and catching activities as you progress towards juggling. Start slowly at first and concentrate on completing each activity correctly. Once you can complete the activity without any mistakes then you can begin to go faster or try the next activity.

Tips and Reminders:

1. All activities should be performed in an area with high ceilings and plenty of room to move around.
2. Do not leave the scarves in reach of toddlers or infants as they may become choking hazards.

Throw and Catch



1. Stand with your feet shoulder-width apart and hold one scarf in your right hand.

2. Lift your arm in front of your body and release the scarf just in front and above your left shoulder. Keep your palm facing down until you let go.

3. Grab the scarf with your left hand in a downward motion.

Challenge: Complete 10 throws and successful catches in a row with each hand.



1. Stand with your feet shoulder-width apart and hold one scarf in each hand.

2. Lift your right arm in front of your body and release the scarf just in front and above your left shoulder.

3. As your right arm releases, swing your left arm in front of your body and release the scarf just in front and above your right shoulder.

4. Grab both scarves in a downward motion starting with your left and then your right hand.

Challenge: Complete 10 throws and successful catches in a row.

Tip! Hold the scarf by the middle of the fabric, letting the corners point down so that it floats slower when thrown.

Throw and Catch

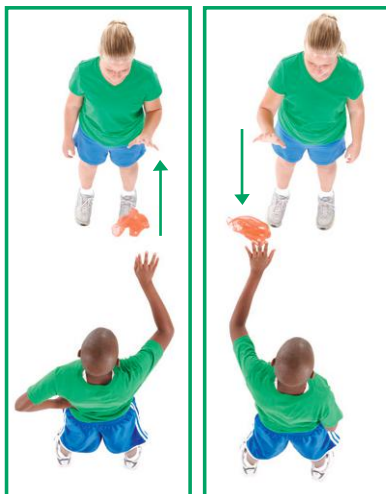
1. Stand facing your partner about 4 feet apart with one scarf. Partner 1 hold the scarf in their right hand and throws the scarf at the left shoulder of Partner 2.

2. Partner 2 catches the scarf with their left hand, and moves the scarf to their right hand.

3. Partner 2 throws the scarf at the left shoulder of Partner 1.

4. Partner 1 catches the scarf in their left hand, and moves the scarf to their right hand.

Challenge: Complete 4 right-handed throws (as described), and then switch hands to complete 4 left-handed throws.

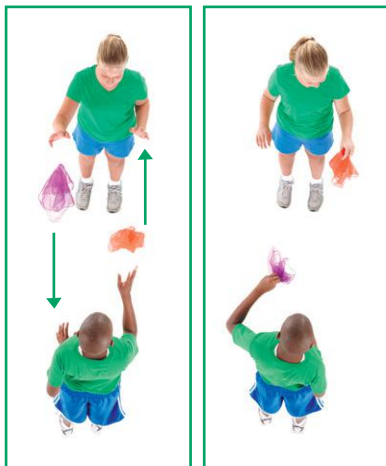


1. Stand facing your partner about 4 feet apart with each partner holding one scarf in their right hand.

2. At the same time, each partner throws their scarf at the left shoulder of the other.

3. Each partner catches the scarves in their left hands.

Challenge: Complete 4 right-handed throws (as described), and then switch hands to complete 4 left-handed throws.



Tip! For beginners just learning how to juggle, throw the scarf no higher than eye level.

Three Scarf Juggling



1. Stand with your feet shoulder-width apart and hold two scarves (orange and blue) in your right hand and one in your left (purple).

2. Swing your right arm in front of your body and release one scarf (orange) just in front and above your left shoulder.

3. As your right arm releases, swing your left arm in front of your body and release the scarf (purple) just in front and above your right shoulder.

4. Catch the scarf on your left in your left hand (orange) and swing your arm in front of your body and release the last scarf (blue) just in front and above your left shoulder.

5. Catch the scarf (purple) on your right with your right hand.

6. Catch the scarf (blue) on your left in your left hand.

Challenge: Complete the activity 10 times, stopping after each successful attempt.

Tip! As you throw and catch, move each arm in a smooth circular motion shown by the arrows above.

Partner Three-Scarf Juggling



1. Stand about 4 feet from your partner. Partner 1 holds a scarf in each hand and Partner 2 holds one scarf in their left hand.

2. Partner 1 throws the scarf in their right hand at the right shoulder of Partner 2 (across their body).

3. Partner 2 catches the scarf with their right hand and throws the scarf in their left hand at the right shoulder of Partner 1 (straight across).

4. Partner 1 catches the scarf with their right hand and throws the scarf with their left hand at the left shoulder of Partner 2, (across their body) Partner 2 catches it with their left.

Challenge: Complete these steps 10 times with Partner 1 starting the throws and then 10 times with Partner 2 starting the throws.