Colored Arrow Chart

(Oculomotor, Visual Perception, Gross Motor, Body Awareness & Directionality)

Prerequisite: The patient is able to stand and have full mobility.

Purpose: To challenge patients with their directionality.

Appropriate for whom: For any patient who is struggling with body awareness, letter reversals, confusing right from left, and struggles with directionality. The various levels afford a great amount of challenge to older patients, while the most basic level is great for younger patients who struggle with right-left confusion.

Procedure:
1. **Place Arrow Chart right below eye level on the wall.**
2. **Have patient stand 2-3 ft. away from the Chart.**
3. **Instruct the patient to say aloud the direction of the arrow and make the corresponding body motion with both arms extended.**
4. **Have the patient continue through the Chart, making each corresponding motion.**

   Materials:
   ● **Colored Arrow Chart**
   ● **metronome**

Key Observations/Questions:

Variations:
● Level 1: Do and say the same as each arrow. Patient says and motions the direction the arrow is pointing.
● Level 2: Do and say the opposite of each arrow. Patient says and motions the opposite of the direction the arrow is pointing.
● Level 3: Do the same and say the opposite of each arrow. Patient motions the direction the arrow is pointing, but says the opposite of where it's pointing.
● Level 4: Do the opposite and say the same as each arrow. Patient motions in the opposite direction from where the arrow is pointing, but says where the arrow is pointing.
● For more of a challenge, have the patient perform the Arrow Chart with the metronome. Repeat Levels 1-4 with the metronome
● Repeat Levels 1-4 While the patient says the Color of the box instead of the direction.

Troubleshooting:
● Problem: Patient unable to coordinate movements with speech. Unload by just doing the basic body movement.
● Problem: Movement and speech are not in sync. Work at hearing the beat of the metronome and see if they can use that rhythm as a guide to movement.