**Infinity Walk**

Purpose: This activity is designed to help nurture a well-integrated relationship between the visual system and the vestibular (balance) system.

Instructions:

1. Place a letter chart on a wall.
2. Place two “obstacles” about 3 or 4 feet from each other and approximately 6 feet from the wall. Obstacles such as stools or chairs are best to start with, something not too big but easy to see.
3. If you are using a metronome, set the metronome at 1 beat per second. (60) [www.metronomeonline.com](http://www.metronomeonline.com)

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\_\_\_\_\_1. Level One: Start on the OUTER side of the obstacle, the far left or the far right. Walk around the obstacles in the following direction, while reading the letters, row by row on the chart. Say one letter per beat of the metronome.

\_\_\_\_\_

6 feet Chart

\_\_\_\_

BEGIN

3 – 4 feet

\_\_\_\_\_ 2. Level Two: Walk around the obstacles in the following direction, while reading the letters, row by row on the chart. Say one letter per beat of the metronome. This direction requires a head turn!

BEGIN

\_\_\_\_\_3. Level Three: Start in the same position as Level ONE, but this time walk *backwards* around the obstacle. Read each letter, row by row on the chart. Say one letter per beat of the metronome.

\_\_\_\_\_4. Level Four: Start in the same position as Level TWO, but this time walk *backwards* around the obstacles in the direction indicated below. Read each letter row by row on the chart. Say one letter per beat of the metronome.

\_\_\_\_\_5. Level Five: “Contralateral” (opposite side) knee tapping. Review the first four levels, yet as the left leg is raised to step forward, the right hand taps the left knee. As the right leg is raised to step forward, the left hand taps the right knee.

\_\_\_\_\_Level one

\_\_\_\_\_Level two

\_\_\_\_\_Level three

\_\_\_\_\_Level four

\_\_\_\_\_6. Level Six: “Ipsilateral” (same side) knee tapping. Review all previous four levels, yet as the left leg is raised to step forward, the left hand taps the left knee. As the right leg is raised to step forward, the left hand taps the right knee.

\_\_\_\_\_Level one

\_\_\_\_\_Level two

\_\_\_\_\_Level three

\_\_\_\_\_Level four

\_\_\_\_\_Level five

\_\_\_\_\_7. Level Seven: Review levels one through six, yet use an “arrow chart” to read from. Say the direction of each arrow row by row.

\_\_\_\_\_8. Level Eight: Review levels one through six, yet use the “arrow chart” to read from. Say the opposite of the direction the arrow is pointed.