



Fine Motor Sequencing

This task requires the trainee touch his thumb to every finger as specified at each level. It is important that the trainer is able to demonstrate this skill. This will take some practice on the part of the trainer as this is a learned skill, not one that comes naturally. Further, the trainer must be able to visually recognize when the trainee is not doing the task correctly. The trainer should open the Brain Power program and view the demonstration of each level in Practice Mode. You should also practice teaching this to someone else so that you can learn to recognize when someone is not doing it correctly.

There are 4 different fine motor sequencing skills:

1. The trainee must touch his thumb to each finger of one hand, starting with the index finger and proceeding to the little finger, and then beginning back again at the index finger. This must be done for 30 seconds without error. This is performed at 60 and 120 bpm with each hand.
2. The trainee must touch his thumb to each finger on both hands at the same time, starting with the index finger and proceeding to the little finger, and then beginning back again at the index finger. This must be done for 30 seconds without error. This is performed at 60 and 120 bpm.
3. The trainee must touch his thumb to each finger from left to right with both hands at the same time (i.e. touch the little finger to the thumb of the left hand first and the index finger to the thumb of the right hand first and proceed in sequence and then go back in the opposite direction). This must be done for 30 seconds without error. This is performed at 60 and 120 bpm.
4. The similar to #3, but the trainee's right thumb should touch on every beat and his left thumb should touch on every other beat (every time one thumb touches one finger, the other thumb has touched two fingers). This must be done for 30 seconds without error. This is performed at 60 and 120 bpm.