

HOMERECED

a navigational guide to everyday recreation

Presented by the Golden Valley Parks & Recreation Department

TEST YOUR DOMINANT SIDE

What You Need

- A pen or pencil
- Paper or a notepad to write your findings on
- An empty tube (an old paper towel tube is good)
- A cup of water
- A small ball (or something soft you can throw)

Instructions

Write 'left' or 'right' next to each task depending on what side you used/favored.

When you've finished all the challenges review your results and make your own conclusions about which is your dominant eye, hand and foot.

Eye Test

- Which eye do you use to wink?
- Which eye do you use to look through the empty tube?
- Extend your arms in front of your body. Make a triangle shape using your fore fingers and thumbs. Bring your hands together, making the triangle smaller (about the size of a coin is good). Find a small object in the room and focus on it through the hole in your hands (using both eyes). Try closing just your left eye and then just your right, if your view of the object changed when you closed your left eye mark down 'left', if it changed when you closed your right eye mark down 'right'.

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Hand/Arm tests

- Which hand do you use to write?
- Pick up the cup of water. Which hand did you use?
- Throw the ball. Which arm did you use?

Foot/Leg Tests

- Run forward and jump off one leg. Which did you jump off?
- Drop the ball on the ground and kick it. Which foot did you use?

What's Happening?

So what side do you favor? Are you left handed or right handed? Left footed or right footed? Is your right eye dominant or is it your left?

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