

# MIND PEP – Detecting and Correcting Off Target

1. **Teen:** get on target. Move right foot on simulated “accelerator pedal.”
2. **Parent:** rotate the chair off target. (Begin with slow movements, and increase the quickness as success increases.)
3. **Teen:**
  1. keep turning head to stay on target.
  2. foot off pedals.
  3. make a steering motion to the target.
4. **Parent:** observe to be certain the teen’s head stays on target as the chair is rotated.
5. **Teen:** Select a target. Have foot on “brake.” When ready to go, take foot off “brake,” press “accelerator.”
6. **Parent:** rotate the chair slowly to make ten 90° right turns. Then do ten 90° left turns.
7. **Teen:** turn head on target. Make a steering motion to the target. Reverse steering motion at the Transition Peg and increase acceleration.
8. **Parent:** observe to be certain the teen’s head is turned before steering, and that steering is reversed at the Tpeg.

