



Practice On-Target, Off-Target at Home in a Swivel Office Chair

1. **A Parent controls the chair's rotation.**
2. Hold a dinner plate as a steering wheel.
3. Select a target straight ahead.
4. Parent moves the chair to left or right.
5. You keep you head aligned with target.
5. Visualize when you're **On Target**.
6. Turn the steering wheel to get on Target.
7. Parent increases speed of rotation.
8. Turning technique is not important now.



On-Off target while standing. Pick a target at a 90° angle. Turn your head on target. Turn wheel and your body to get on target. Demonstrate position at Tpeg.

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