

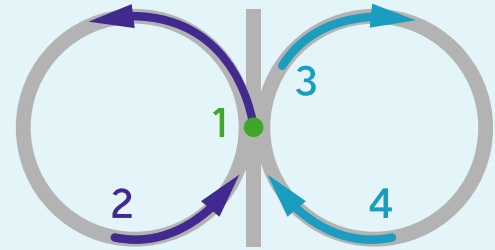
The ALPHABET 8s

The Alphabet 8s is a simple activity that trains the brain and body to both feel and visually recognize the directions of center, left, right, up, and down, as well as curves and straight lines. The Alphabet 8s help to develop the sub-skills needed for writing as well as the processing of thoughts, creative thinking, and the organization involved in writing. Additionally, the activity improves hand-eye coordination and reading skills, and creates a sense of calm.

PREPARING FOR THE ALPHABET 8s

Prior to practicing the Alphabet 8s it is recommended that you internalize the Lazy 8 pattern through a kinesthetic experience. This supports the visual recognition of the letter shapes and their placement in the visual fields. To experience the pattern kinesthetically, simply walk the Lazy 8 pattern on the ground several times. Then draw it on a white board multiple times with each hand. And then draw it on a large piece of paper taped to a table, again using each hand.

Once you can draw the Lazy 8 pattern smoothly and easily, you are ready for the Alphabet 8s activity.



The Lazy 8 Pattern

THE ALPHABET 8s ACTIVITY

The Alphabet 8s activity is repeated several times. You initially begin standing at a white board or piece of paper on the wall and follow the steps below. Once the Alphabet 8s steps are completed, you will then tape a large piece of paper to a table and repeat the entire activity. When you have completed the Alphabet 8s on large paper, continue reducing the size of the paper-space used until you are doing the activity at the size of normal printing.

STEP 1: DRAW THE LAZY 8 PATTERN

Align your body or the paper so the center of the pattern is directly in front of the middle of your body.

STEP 2: THE CENTER VISUAL FIELD - The Green Letters

- Place your marker in the center of the Lazy 8 and trace the pattern, starting up to the left. When completed, draw a green letter as directed in the Guide.
- Trace over the Lazy 8 pattern again, and then draw another green letter. You will be drawing letters on top of each other, which reinforces where letters fall in the visual field.
- Repeat until you have drawn all of the green letters. Remember to trace the Lazy 8 pattern in between each letter.

NOTE: Include the green "f" in this sequence in order to experience the centralized reference point of the midline.

STEP 3: THE LEFT VISUAL FIELD - The Purple Letters

Using the same Lazy 8 drawing, follow the instructions in Step 2 using the purple letters. You will now have letters in the center and to the left.

NOTE: Include the purple "f" in this sequence in order to experience the flow of the letter. Notice how the "f" flows naturally from the center into the left visual field. Which one feels best to you: the green "f" or the purple "f"?

STEP 4: THE RIGHT VISUAL FIELD - The Blue Letters

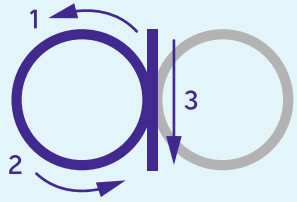
Using the same Lazy 8 drawing, follow the instructions in Step 2 using the blue letters. You will now have letters in the center, to the left, and to the right.

STEP 5: THE ALPHABET SEQUENCE

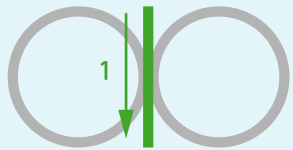
Once you can easily draw each letter in the correct visual field, start at the beginning of the alphabet and draw each letter in sequence, from a to z. Remember to start with the Lazy 8 pattern and draw a Lazy 8 between each letter.

The ALPHABET 8s GUIDE

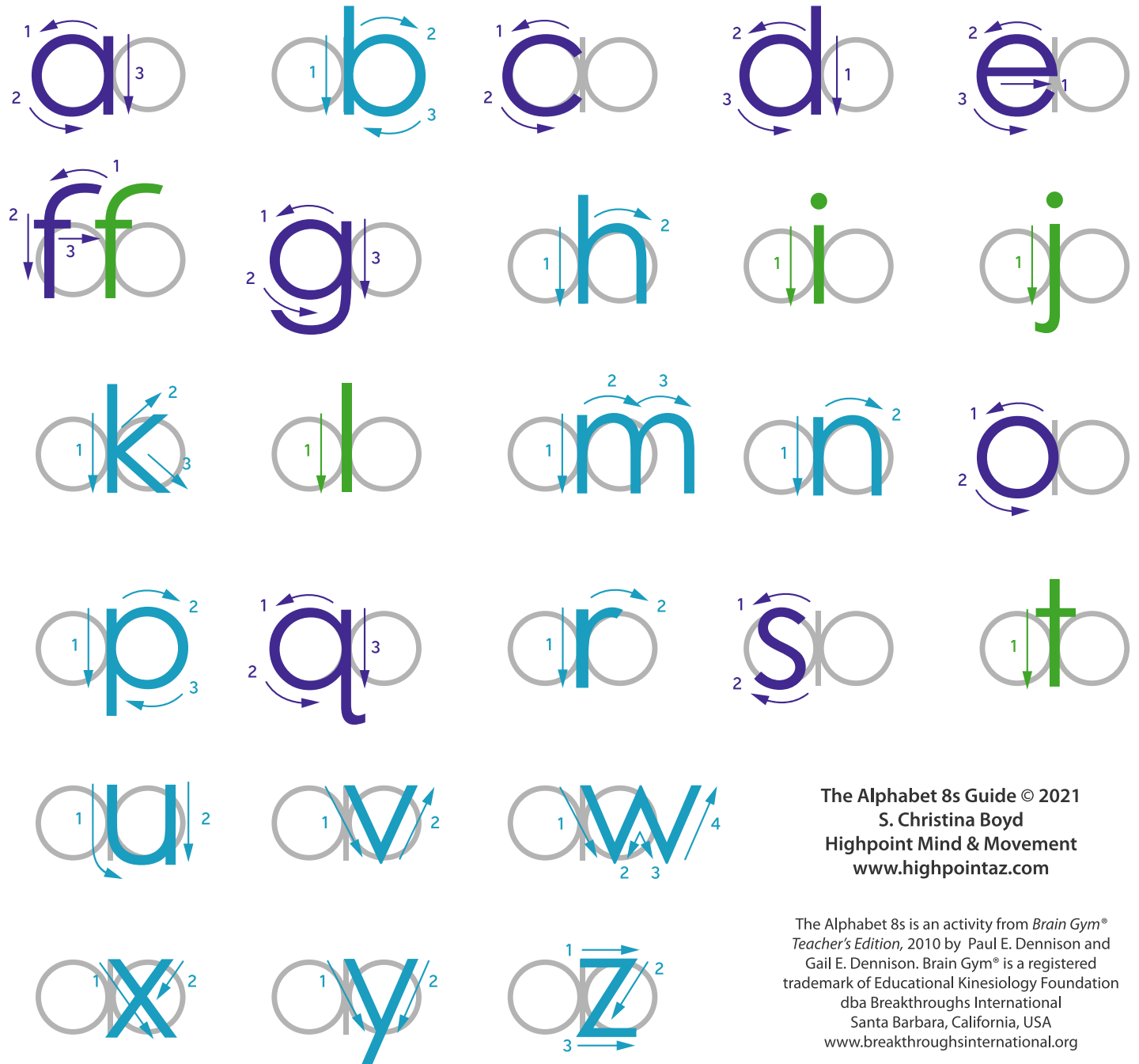
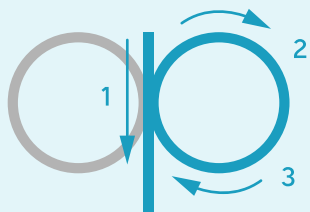
The letters that fall in the **Left Visual Field** are drawn toward the left. They generally start in the center, curve up to the left, down, and around.



The letters that fall in the **Center Visual Field** are drawn straight down the middle.



The letters that fall in the **Right Visual Field** are generally drawn downward and to the right. They move down the middle before curving up to the right and around. The right visual field also contains those letters that move angularly down to the right.



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