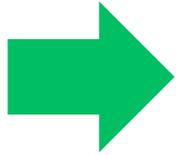




BRAIN BRIDGE EXERCISE



Using both hands simultaneously, point to the arrow in each row that matches the arrow at the top of the chart.



Left Hand

→	↑	↓
↓	→	↑
→	↓	←
↑	←	→
←	→	↓
→	←	↑
→	↓	←
↓	↑	→
↑	→	←



Right Hand

↓	↑	→
←	↑	↓
→	↓	↑
↓	→	↑
←	↓	↑
↓	←	→
↑	←	↓
←	↓	↑
↓	↑	→