

HOW DO I LOOK?

Can you reproduce something that you see? If you can, you're visualizing accurately. Try this with your child. Strike a pose, the more theatrical the better. Then ask your child to copy you. He should try to stand, sit, or lie exactly like you. If your arm is bent, if your leg is twisted, if you are frowning, if your tongue is sticking out, his should be, too. Start with simple poses. Later on, get more complicated. Demand more. If your head is tilted at 50° , his should be 50° , not 45° . Naturally your child will want to be the leader, too. He'll want to strike poses for you to copy. And, naturally, you must do as you're told.

After copy-cattin' each other for a while, try this variation of HOW DO I LOOK? Strike a new pose. Let your child observe you. Then tell him to close his eyes. While his eyes are closed, make a change. You can relax an arm, move a leg, or unbutton your sweater. Once you make a move, sit very still and tell your child to open his eyes. His job is to discover how you changed. After he guesses, tell him if he's right or wrong.

Make some changes that are easy to see: put your hand behind your back, uncross your legs, change expressions from smile to frown. Then try changes that are hard to see: move your hand from your lap to your side, untie your shoes, turn your head. And try out a few itsy-bitsy changes: remove an earring, tousle your hair, shift your foot a few inches to the right. Needless to say, your child will want to take turns being the leader in this version, too.

One of the nice things about HOW DO I LOOK? games is that you can play them anywhere. You may look strange posing on a bus or in a doctor's office, but so what? If someone stares, suggest that he buy a copy of this book. Then he can play reading games with his own child.