

## Self-as-Other-Trainings, Instruction: Smartphone (ICT devices)

Sit down.

### Attaching frame

Move hands to the front.

Grasp.

Move hands back.

Move hands to the side.

Grasp.

Move hands back.

Stretch thumbs out.

While moving one hand slightly forward and one hand slightly backward.

Press.

Reverse one hand slightly forward and one hand slightly backward.

Press.

Grasp, using your fingertips.

Move hands to the front.

[repeat continuously]

*10 min.*

### Screwing

Move the fingers of one hand close together.

Turn this palm upwards, while keeping it close to your body.

Move the other hand to the front.

Grasp.

Move hand back.

Move this hand to the other hand.

Move hand back.

Keep fingers tight, while turning the wrist in a circular movement.

Move this hand to the other hand.

Move hand back.

Keep fingers tight, while turning the wrist in a circular movement.  
Move this hand to the other hand.

Move hand back.

Keep fingers tight, while turning the wrist in a circular movement.  
Move this hand to the other hand.

Move hand back.

Keep fingers tight, while turning the wrist in a circular movement.  
Grasp with both hands.

Move hands to the front.

[repeat continuously]

*10 min.*

### Taping

Move hands to the front.

Grasp.

Move hands back.

Move one hand to the side.

Keep thumb and index finger together, while making a short movement.

Move hand back.

Stretch thumb out and move it slightly to the side.

Move one hand to the side.

Keep thumb and index finger together, while making a short movement.

Move hand back.

Stretch thumb out and move it slightly to the side.

Move one hand to the side.

Keep thumb and index finger together, while making a short movement.

Move hand back.

Stretch thumb out and move it slightly to the side.

Move one hand to the side.

Keep thumb and index finger together, while making a short movement.

Move hand back.

Stretch thumb out and move it slightly to the side.

Grasp with both hands.

Move hands to the front.

[repeat continuously]

*10 min.*

### Soldering

Move hands to the front.

Grasp.

Move hands back.

Move your thumbs and index fingers close together.

Make four punctuated movements.

Grasp with both hands.

Move hands to the front.

[repeat continuously]

*10 min.*

### Checking

Move hands to the front.

Grasp.

Move hands back.

Type with your index finger.

Swipe.

Open index finger and thumb.

Close index finger and thumb.

Type.

Grasp with both hands.

Move hands to the front.

[repeat continuously]

*10 min.*

*Duration: 50 min.*

*Difficulty: Advanced*

*Tools: 2 cork bricks*

*2018, Vivien Tauchmann*