

Instructions for performing dual tasks on the Dividat Senso

You participate in a computer game that develops attention, decision-making and leg movements.

You can stop the exercise at any time when you are tired and continue it later.

You have to put on a sock with a rubberized sole.

Each exercise lasts for one and a half minutes.

You have to stand on a glassplatform. You can hold on with one or two hands on a bar.

The first game

On the monitor in front of you, red dots appear first, and you have to follow their direction with your leg' movement. You must move your right or left foot in the direction, where the red dot appears (forward, backward, left side, right side). If you are unable to follow the movement by looking at the monitor, you will see a red circle framed by the arrow on the platform you are standing on and you must move to that point.

Second game

The above game will be interrupted later with a high and low sound. On the high note you must move forward, on the low note you must move backwards, and then continue to follow the red dots.

Third game

In another game a bird feather appears in the middle. Where is the bird? You must step in that direction. A bird chirp indicates the correct choice.

Fourth game

In the fourth game, the screen is divided into four parts. Four landscapes are represented. Animals float into the space and whatever does not fit the habitat of the animal, the leg must be moved in that direction. For example, elephants in the air or water are no good, but on the savannah they are fine, do not step.

Fifth game

Red spirals appear on the screen. Black balloons appear, when they reach the middle of the spiral you have to move in the right direction. A ringing sound indicates the correct step.

It may seem complicated at first sight, but an assistant will be with you all the time, helping you to understand the tasks.

Have fun!