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Нейропсихологическое упражнение.

Под каждой буквой есть одна из трех пометок: Л, П, О. Пометки указывают на движение рук. Л – поднять левую руку в сторону, П – поднять правую руку в сторону, О – поднять обе руки вверх. ☝

Необходимо одновременно произнести букву и сделать движение, что указано под ней. Надо пройти весь алфавит сначала до конца, а потом вернуться назад от конца к первой букве.

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