

Start picking 5 movements from your everyday life (brushing your teeth, kick a football, drink coffee, etc.) - spend 2 - 5 minutes on doing these in a row until you remember them.

Now you're going to make some of the movements really small and some really big - spend 2 - 5 minutes deciding and then practice them until you remember.

Now you're going to make some of the movements really fast or slow and some movements at "normal" speed - spend 2 - 5 minutes deciding and then practice until you remember.