

Nehemiah – Do

Have you ever attempted the 'pat your head and rub your tummy' challenge? Are you any good at it? Have a go now...

So Nehemiah and his friends were rebuilding the wall with a trowel in one hand and a sword in the other.

Whichever is your dominant hand imagine a sword is in it. Do a jabbing action forwards and back with your 'sword'. Now with your other hand imagine your using a trowel to apply mortar. Make a rocking motion from left to right.

Now try to do the two things at the same time. Is it easy?

