

Sample Visual Exercises

Week 1

Exercise	Date	Response
Open Eye stretch		
Closed Eye stretch		
Crossing the Eyes		
Open Eye stretch		
Closed Eye stretch		
Crossing the Eyes		
Open Eye stretch		
Closed Eye stretch		
Crossing the Eyes		
Open Eye stretch		
Closed Eye stretch		
Crossing the Eyes		
Open Eye stretch		
Closed Eye stretch		
Crossing the Eyes		

Week 2

See me Clearly		
See me Clearly		
See me Clearly		
See me Clearly		
See me Clearly		

Week 3

Exercise	Date	Response
Head Swing		
Follow the Bug		
Head Swing		
Follow the Bug		
Head Swing		
Follow the Bug		
Head Swing		
Follow the Bug		
Head Swing		
Follow the Bug		

Week 4

Exercise	Date	Response
Look and Point		
Trombone		
Look and Point		
Trombone		
Look and Point		
Trombone		
Look and Point		
Trombone		
Look and Point		

Trombone		
----------	--	--

Week 5

Head Swing		
Follow the Bug		
Head Swing		
Follow the Bug		
Head Swing		
Follow the Bug		
Head Swing		
Follow the Bug		
Head Swing		
Follow the Bug		

Week 6

Look and Point		
Trombone		
Look and Point		
Trombone		
Look and Point		
Trombone		
Look and Point		

Trombone		
Look and Point		
Trombone		

Week 7:

Flashlight Duel		
Flashlight Duel		
Flashlight Duel		
Flashlight Duel		
Flashlight Duel		

**Open Eye Stretch** Duration: 2 minutes. While sitting or standing relaxed, erect and looking straight ahead with eyes open, the student is instructed to move the eyes, not the head, to the extreme right and to hold them there for a count of ten. Be careful to keep the head from turning, even slightly. Then instruct the student to move the eyes to the left, up, down, and so on: "Move your eyes to this side. Try to stretch your eyes over there. Pull them hard."

**Closed Eye Stretch** Duration: 2 minutes. In this variation of open eye stretch the same eye movements are used but with eyes closed. After moving the eyes right, left, up, down, and diagonally, add clockwise and counterclockwise movement.

**Crossing the Eyes** Duration: 2 minutes. Control in crossing one's eyes is beneficial, not detrimental, to the eye movements. Ask to cross and uncross the eyes when they are both open and closed. (No, they won't get stuck!)

**See Me Clearly** Duration: 4 minutes. Encourage focusing alternately on a target held close to the eyes, and then on a target across the room. The target can be letters, numbers, or geometric shapes. There are many possible variations; in all of them the same procedure is followed; to rapidly shift focus from a near target to a far target and vice versa. For the first 2 weeks they should focus with one eye covered for 2 minutes and then the other covered for 2 minutes. By week 3 they should do this with both eyes viewing the target.

---

**Head Swing** Duration: 2 minutes. In the previous activities, the eyes are moved while holding the head still. Now the eyes should be held still as the head moves. While sitting or standing, erect but relaxed, the eyes are to remain fixed on an object 6 to 12 feet away (such as a small television or favorite object). Instruct to move the head from side to side as though gesturing "No"; then move the head up and down as though gesturing "Yes"; then move the head diagonally; and finally in clockwise and counterclockwise rotations.

**Follow the Bug** Duration: 4 minutes. In this activity, an imaginary bug is followed along the ceiling-wall border, down the corner, across the floor-wall border, and so on. Instruct to point a finger and both eyes at the imaginary bug as it crawls around the corners. At your command, the "bug" stops or reverses its path. The movement should be slow enough to demonstrate control. The edges of a large picture frame or blackboard can be alternatives to the wall corners.

**Look and Point** Duration: 4 minutes. Numbers are written in random or sequential order on a sheet of poster board or paper at least 24" X 24" in size (a suitably sized wall calendar may be used). Tape the chart to a wall at the student's eye level at a distance of about three feet. Instruct the student to look at a number and then point to it. For example, you might say, "Find number two, point to number two; find number six, point to number six..." Try to follow rhythmic pattern.

**Trombone** Duration: 2 minutes each eye. With one eye covered, instruct the to focus on a piece of paper covered with small print which is moved toward and away from the uncovered eye in "trombone" fashion. The object is to attempt to see the letters clearly as the paper is moved back and forth.

---

**Flashlight Duel** Duration: 4 minutes. You and the student each hold a flashlight. "Duel" by moving your light beam around on a wall and having the student try to "catch" it.