

Lora's Card

Purpose

This exercise helps teach control of eye movements by encouraging steady fixation. It also promotes the ability to search and fixate particular targets, and teaches the ability to process peripheral visual information.

Equipment

* The alphabet card. This card is made up of all the letters of the alphabet with a central fixation target (the black dot). The letters near the centre are smaller than those farther from the centre.

* Eye patch.

Instructions

Level 1

Have the child place the card at their normal reading distance, this should be between 30 and 40 cm away. The child is asked to touch each letter by fixating on one letter at a time.

The child may perform this exercise one eye at a time by patching the other eye, or may complete this activity with both eyes open.

Level 2

The child is instructed to keep looking at the central fixation dot. They are then asked to peripherally locate each letter in the alphabet in alphabetical order. The child then touches each letter as it is located, and then looks at it to check for accuracy. The child then refixates the black dot before peripherally locating the next letter with their side vision.

The child may perform this exercise one eye at a time by patching the other eye, or may complete this activity with both eyes open.

Variations

Have the child spell his/her name again peripherally locating and then touching the appropriate letters.

Have the child spell simple words, or practice their spelling list.

V C J
P F
K
Q A
N H
B I W ● M X S
U G
O E
Z
Y D
T R L