

Eye Control

This activity helps you to feel and know where your eyes are looking.

Step 1. Look, feel and follow

Clasp your hands together interlocking your fingers. Now point your two index fingers up straight, forming a steeple, so that their tips touch each other. Also point your thumbs out so their tips are touching. Now place your thumbs so they touch your face below your left eye - your index fingers should be pointing out to the left. Keep your forearms horizontal.

Look at your index fingers, while rubbing them together, feeling your eyes stretching to see your fingers, which should not be blurred or double. Keep looking here while you count to 5. Now move your hands slowly across your face keeping your thumbs in contact with your face until your thumbs are below your right eye. Keep looking here while you count to 5. Follow your index fingers with your eyes trying to feel where you are looking while trying to keep your fingers as clear as you can. Make sure you move your hands very slowly.

Now move them back to the left in the same way and follow with your eyes. Make sure you always try to feel where your eyes are looking and keep your fingers clear and single.

Repeat moving your hands across your face from side to side while looking and feeling and focusing. Repeat this 5 times.

Now repeat, but move hands up and down, so thumbs touch your chin then touch your forehead above your eyes. Hold each position for a count of 5, before moving your hand up or down.

Step 2. Look and feel

Clasp your hands together interlocking your fingers as before pointing index fingers up to form a steeple. Keep your forearms horizontal. Now there is no tracking from position to position.

Look at your index fingers and rub them together. Feel your eyes looking and stretching out to the side and looking very closely at your index fingers. Try to get your index fingers as clear as possible. Hold for about 5 seconds.

Eye Movements - Introduction

Now while keeping your eyes still looking in this position (to the left), shift your hands so the thumbs touch your face below your right eye. Don't follow your hands and try not to move your head. Notice you can still see your hands with your side vision. Now move your eyes to the right and again look at your index fingers. Hold for 5 seconds. Again, feel your eyes looking to this side and looking very closely at your index fingers trying to get them clear.

When you can look and feel your eyes looking to the right in this way, again while you keep looking to the right move your hands back to the left so your thumbs touch your face below your left eye. Look and hold for 5 seconds. Try not to move your head. You will still be able to see your hands on the left side with your side vision.

Now look to the left and look at your index fingers feeling your eyes looking and focusing to the left.

Repeat holding your eyes in the sideways position, moving your hand to the other side, locating it with your side vision, then looking at your index fingers and holding. Look back and forth in this way 5 times.

Also try looking up and down. Thumbs touch the chin, look down and hold for 5 seconds, move hands up so thumbs touch the forehead, then look and hold for 5 seconds. Try to feel the difference in looking in different directions.