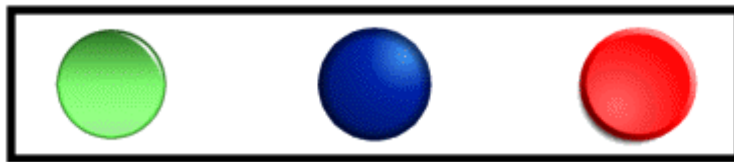


## 3 Dot Card

This activity helps you to control how you cross your eyes.

### **Step 1. 3 Dot card**



The 3 dot card has 3 dots on each side. Each dot has a matching pair, in the same place, on each side of the card.

Hold the 3 dot card in one hand, between your thumb and first finger, so that one end of the card is resting against your face directly between your eyes and the card points away from your face.

Look at the far dot on the card. If you cross your eyes to look at this dot it should now be single. The closer part of the card should appear to be double, forming a 'V' towards you, so that the closer dots are double, the closest dots will be furthest apart.

Now look at the middle dot, crossing your eyes to make it single. Now the far dot will be double and the closest dot will be double. It now appears as if the card is forming an 'X'.

Now look at the closest dot, nearest you nose, crossing your eyes to make it single. The two further dots will now be double, with the dots at the far end furthest apart.

Practice looking at each dot on the card until you can cross your eyes to make the dot you look at single.

**Your goal is to look at each dot crossing your eyes easily and quickly to make it single.**

Turning on your Brain 8

## **Step 2. Eye jumps**

Now jump your eyes from one dot to the other. Start at the far dot, make it single and look at it for 2 seconds. Now look at the middle dot, make it single and look at it for 2 seconds. Now look at the close dot, make it single and look at it for 2 seconds. Then go back to the far dot and repeat 5 times.