

Eye Swings

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

Step 1. Eye swings sideways

Sit comfortably in a chair that allows your feet to rest flat on the floor as you sit in an upright position. Your back should be straight, but relaxed and not rigid. If you wear glasses, take them off.

Take a deep breath, in through your nose and out through your mouth. Now take another deep breath.

For this activity you are trying to move only your eyes.

While keeping your head still, look across the room as far to one side as you can. Now look as far as you can to the other side. This is often difficult to do at first. Try to move your eyes as far to each side as possible, without moving your head. Repeat this side to side eye swing 5 times in each direction.

If you need to blink, do so when looking to the side, not while your eyes are moving. Try to feel your eyes moving. You should be able to really feel your eye muscles stretching to look as far as you can to either side.

Notes for helpers:

If head movement is present, make them aware of it - ask 'are you moving your head' rather than saying 'don't move your head'. Just your question is usually enough to allow awareness of head movement. If they cannot keep their head still, hold their head for them. With practice, performance improves and you should no longer need to hold their head.

Step 2. Eye swings up/down

Now look up towards the ceiling as far as you can, without moving your head. Then down as far as you can. Move your eyes up as far as you can without moving your head, then down as far as you can.

Repeat these up and down eye swings 5 times in each direction.

Step 3. Eye swings diagonal

Now look up and to one side (e.g. up and to the right) as far as you can, then look down and to the other side (e.g. down and to the left), so your eyes move diagonally.

Repeat, but look up and to the other side (e.g. up and to the left), then look down to the opposite side (e.g. down and to the right).

Repeat the diagonal eye swings 5 times in each direction.

Notes for helpers:

You may see head movement again here, as diagonal eye swings are considerably more difficult. If so, make them aware of it by asking 'are you moving only your eyes'. If they cannot keep their head still, hold their head for them. With practice, performance improves and you should no longer need to hold their head.

Your goal is to swing your eyes smoothly in any direction, feeling the movement of your eyes, without moving your head.