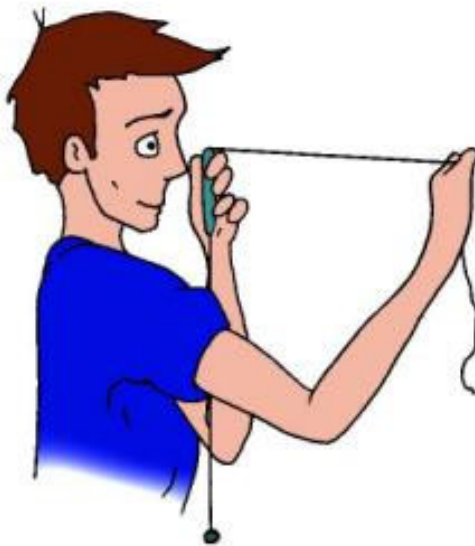


Binocular String 2

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

Step 1. Cross the strings at the bead

You will need a piece of string about 60cm with a bead threaded onto it for this activity. Tie a bead close to one end of the string. Hold this end of the string in your right hand, about 40cm directly in front of, and level with, your eyes. Make this hand like a fist with your thumb pointing upwards and thumbnail facing you. Hold the string in your fist of this hand so the bead is on top of your thumb. Hold the other end of the string up to the tip of your nose with your other hand, so the string is taut.



Look at the bead at the far end of the string. You should see **two strings crossing at the bead forming a V**.

The two strings should be **equally bright** and they should be **level**.

If the strings do not cross at the bead, try looking a little closer or further away. Where the strings cross depends on how close you think the bead located is on the string. If the strings cross in front of the bead, you have judged the bead to be closer than it really is, so you are looking too close.

If one string is duller than the other, try to direct your attention to the duller string, while still looking at the knot, until the two strings are equal.

If the two strings are not level, your head is probably tilted, try straightening your head to level them.

Step 2. Rotate the string

Slowly rotate the far end of the string so the bead moves in a small circle. The diameter of the circle should be about 25cm. Look at the bead. You should always see two equally bright strings crossing at the bead. If the crossing point moves away from the bead, or one string fades or goes dull, stop rotating the string and try to make the strings equally bright and crossing at the bead.

Move the string for 5 rotations clockwise and 5 rotations anti-clockwise.