

Pen Stab

This activity helps you to judge where things are, especially when they are close to you. You will also need lots of attention for this task.

Notes for helpers:

This activity is always done one eye at a time, so it is always done with a cover over one eye.

Step 1. Pen stab

Cover one eye with the palm of one hand, or cover one eye with a patch.



Your helper gives you the cap of a pen. Your helper holds the pen, about 15 to 20cm directly in front of your uncovered eye, with the point of the pen facing towards you. They now move the pen slowly using small smooth movements, up & down, side to side, in a circle. They should not move the pen any further than 5cm from your direct line of sight. You have to try to put the cap on the end of the pen. Try to line up the cap with the pen, so that the cap is slightly closer to you than the pen - move the cap so it follows the pen, then when you think it is directly over the pen, stab the cap forward, in a rapid motion, trying to land it on the end of the pen.

Eye Movements 1

Now change the patch to the other eye and try again.

Notes for helpers:

Make sure you allow some success, so every 20 or so seconds slow the pen right down so they can land the cap on the pen much more easily. As performance improves you won't need to do this. Try to change the patch to the other eye after 1 to 2 minutes.

Your goal is to land the cap on the pen every time.