

Head Swings

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

Step 1. Head 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.

Look at a target directly in front of you. The target should be at least 1 metre away. Now while looking at the target, turn your head slowly and smoothly toward your right shoulder. Stop when you feel the left shoulder start to rotate. The further your head turns, the harder it is to see your target, but keep looking at it. Now slowly and smoothly turn your head toward your left shoulder, stopping when you feel the right shoulder start to rotate.

Repeat, turning your head from right to left 5 times. It should take about 10 seconds to turn your head from one shoulder to the other.

Notes for helpers:

For younger children it may help to use a torch or a bright coloured sticker, possibly with a picture on it, as the target.

Step 2. Head swings up/down

Look at a target directly in front of you. The target should be at least 1 metre away. Now while looking at the target, move your head up slowly and smoothly so your chin rises. Move your head as far back as is comfortable. Now slowly and smoothly move your head downwards until your chin touches your chest. At this point you can no longer see your target, but you have to imagine where it is.

Repeat, moving your head up and down 5 times. It should take about 10 seconds to move your head from one position to the other.

Step 3. Head swings diagonal

Look at a target directly in front of you. The target should be at least 1 metre away. Now while looking at the target, move your head slowly and smoothly down and to the left so your chin and nose are near your left shoulder. Now, while looking straight ahead at your target, slowly and smoothly move your head upwards and to the right until your chin goes as far as possible. Move your head back down and to the left again.

Repeat, moving you diagonally 5 times. It should take about 10 seconds to move your head from one position to the other. Note that diagonal swings are much harder.

Your goal is to move your head slowly and smoothly in any direction without taking your eyes off your target.