

ALPHABET VISUALIZATION



PURPOSE

This exercise is to develop the ability to move your eyes smoothly together as a team while tapping into an area of visual information processing known as visualization. This can be helpful for remembering names, faces, phone numbers, and really any pictorial image that you would like the visual centers of your brain to store



REPEAT

Repeat two cycles through the alphabet first with upper case and then with lowercase.

1

Stare straight ahead. Beginning with the letter “A,” move your eyes so that you trace this visualized letter as if it is suspended in space.

2

Keep your head straight and steady at all times and try to draw an exaggerated large version of the letter “A.”

3

Repeat this with each capital letter of the alphabet, starting with “A” and ending with “Z.” Try to have each visualized letter that you create be roughly the same size.

4

Perform 1 complete cycle through the capital letters of the alphabet “A” to “Z.” Next attempt the lower case letters.



If you want an extra challenge, repeat this again but go backwards through the alphabet from the letter “Z” to “A.”