

# CLOSE EYE MOVEMENTS



## PURPOSE

This exercise helps you develop a better understanding of your eye positioning as you track eye movements into all areas of space. This helps you keep your visual attention on a target as it changes positioning, such as keeping your focus on a person or object of interest in a crowded visual environment.



## REPEAT

Complete 3 full cycles of the 8 directions with each eye.

1

Sit in a balanced and comfortable posture. Gently cover your left eye with your left hand.

2

With your right hand, place an object (whatever you want to focus on-pad of your finger, microphone hole on your phone, etc) about one inch in front of the right eye.

3

Follow the object as you slowly move it in 8 different directions - [up, down, left, right] & [up/right, up/left, down/right, down/left].

4

As you practice and get better, you should be able to move your eye all of the way into those directions. If you're feeling any discomfort, please don't go as far into extreme gaze and write it down!

5

Complete 3 full "cycles" through the 8 different directions. Next gently cover your right eye with your right hand. Repeat this for 3 full "cycles" for the other eye.