

TRAINING YOUR SIDE VISION



PURPOSE

The goal of this exercise is to bring awareness to your side vision and to teach you that with intention, you can actively “open up” this brain pathway of peripheral visual processing. Keeping your side vision actively open is crucial for all aspects of life, from driving and walking down the street, to recognizing when someone or something is entering a room.



REPEAT

Perform this lesson for 2-3 minutes per eye.

1

Please print or pull up the attached number card to a tablet, iPad, or computer. Sit with both feet flat on the floor and your back straight.

2

Gently cover your left eye with your left hand and hold the number chart at arm's length away. Look at the center dot and do not look away during the entire exercise.

3

Use your side vision to locate the number and call out its location (such as upper right or lower left).

4

Continue until all the numbers are identified and then repeat for the other eye. First work on accuracy, then speed.

5

Next gently cover your right eye with your right hand and complete with the other eye. Perform this lesson for 2-3 minutes per eye.