

DEVELOPING YOUR INTERNAL GPS



PURPOSE

This exercise gets you up and moving to encourage your eyes, brain, and body to communicate to one another in a coordinated fashion. This is such a great way to develop integration between the visual and vestibular systems, where remember the vestibular system is that internal GPS system in the roadmap of life.



REPEAT

Repeat for 5 figure-8 patterns clockwise, 5 figure-8 patterns counter-clockwise, 5 figure-8 patterns staring at the same wall in a clockwise pattern, & 5 figure-8 patterns staring at the same wall in a counter-clockwise pattern.

1

Find some space in a room that has at a minimum 8ft x 8ft of open space. Slowly walk in a figure-8 clockwise pattern with both loops of the 8 being as symmetrical to one another as possible.

2

Next outline the same figure-8 pattern by walking in the counterclockwise direction.

3

Now repeat the same figure-8 pattern clockwise, but while keeping your head facing the same wall the entire time. It may be helpful to place a sticky note with an “X” on it on the wall. You will find that you have to think about which direction to turn so that your head and eyes always point and never look away from the “X” or that same wall.

4

Now repeat in the counter-clockwise direction with this visual fixation point.

5

Repeat for 5 figure-8 patterns clockwise, 5 figure-8 patterns counter-clockwise, 5 figure-8 patterns staring at the same wall in a clockwise pattern, & 5 figure-8 patterns staring at the same wall in a counter-clockwise pattern.