

PERIPHERAL POINTING

PURPOSE

This exercise is training your side vision, eye tracking, and eye-hand coordination. In life, in order to be able to jump our eyes to a new point of interest, we need to have our peripheral vision open so that we can make an accurate sized eye movement. A change in eye movement is a change in attention both voluntarily and involuntarily, and this exercise helps control where in space we place our visual attention.

REPEAT

Repeat two cycles through with each eye. Working first in ascending order and then in descending order for the other eye.

1

Sit at a table with both feet flat on the floor and your back upright and straight. Cover your left eye with your left hand and keep your right eye uncovered. Place the number card on the table centrally in front of you.

2

Place your elbow on the table and place your chin up to your closed fist. Keep the card at this distance at all times.

3

Look at the middle dot and hold your eye there for 10 seconds. Without repositioning your eye, or moving your head or body, use your side vision to locate the number 1. Use your free hand to point at the center of the number, without looking at it.

4

Now jump your eye to the number and notice if you pointed correctly to where the number was located. Adjust your finger so it is pointing at the center of the target. Lower your hand, look back to the center, and repeat for the next number.

5

Work in ascending (1, 2, 3, 4 etc...) number order for one eye. Next cover your right eye with your right hand and then work in descending (20, 19, 18, 17, etc...) order for the open left eye.



Note if it is a 2 digit number, point in the center between the two numbers. This activity can also be done with the card taped to a wall about 2 feet away with the central target at eye height.