

LATERALITY



PURPOSE

This lesson is training your eye tracking and an aspect of visual perception known as laterality. This will help you with reading fluency and orienting yourself in space.



REPEAT

Repeat twice with each eye and work on increasing accuracy, then speed.



Gently cover your left eye with your left hand. Sit at a table with the worksheet centrally in front of you, at a distance from your fist to your elbow.



You will go through the page in order, tracking from left to right and perform the exercise in the following order:

- If the arrow points to the right, tap your right hand to the right of the page.
- If the arrow points to the left, tap your right hand to the left of the page.
- If the arrow points up, tap your right hand to the top of the page.
- If the arrow points down, tap your right hand to the bottom of the page.



Next gently cover your right eye with your right hand and perform the exercise again for the other eye, starting on the top right and moving through the chart from right to left.



For extra levels of difficulty, attempt the following:

- a. Do the opposite, say the opposite.
- b. Do the same, say the opposite.
- c. Do the opposite, say the same.