

# LARGE EYE JUMPS

## PURPOSE

This exercise works on your brain's ability to control the outside muscles of the eye that are responsible for moving the eyes back and forth from one place to another, both quickly and efficiently. These side to side eye jumps are called "saccades" and they are critical for efficiently keeping your place jumping the eyes across the page from word to word and line to line with reading. This lesson has you make much larger eye jumps compared to when you started visual foundations.

## REPEAT

Perform this activity 3 times for each eye and record your results.

1

Print or download the chart attached to a tablet, iPhone, or computer. Gently cover your left eye with your left hand. Beginning at the top of the chart in the upper left-hand column of letters. Read the first letter aloud. Have a stopwatch or timer ready to record as soon as you begin at the top and end at the bottom.

2

Next, without moving your head, accurately make an eye jump to the first letter in the upper right-hand column of letters. Read this letter aloud. Next make an eye jump back to the original column, but to the second letter in the column. Read this letter aloud. Then the second letter in the right hand column, and so on

3

Complete this zig-zag pattern all the way down to the bottom

4

Record your times.

5

Perform this exercise 3 times for the right eye. Next gently cover your right eye with your right hand and perform 3 times for the left eye. Record your times.