

# 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 from one place to another. These side to side eye jumps are called "saccades" and they are critical for efficiently keeping your place while reading, both jumping the eyes across the page from word to word and line to line.



## REPEAT

Perform this exercise 3 times for the right eye. Then gently cover your right eye with your right hand and complete this 3 times for the left eye.

1

Please print or pull up the attached two lined letter chart to a tablet, iPad, or computer. Gently cover your left eye with your left hand and complete this with your open right eye first.

2

Beginning at the top of the chart in the upper left-hand column of letters, read the first letter aloud. Next, quickly make an eye jump across to the first letter in the upper right-hand column of letters. Read this letter aloud.

3

Then make an eye jump back to the original column, but to the second letter in the column. Read this letter aloud. Next to the second letter in the right column. Complete this zig-zag pattern all the way down to the bottom of the columns. making sure your head doesn't move, just your eyes.

4

Before beginning this exercise, have a stopwatch or timer ready to begin recording as soon as you begin at the top and end at the bottom. Write down your times in the space provided to record your results.

5

Perform this exercise 3 times for the right eye. Then gently cover your right eye with your right hand and complete this 3 times for the left eye. Record your times for each..