

# PENDROPS

## PURPOSE

The purpose of this exercise is to develop eye-hand coordination where vision accurately guides your fine motor control. This helps you understand where your hands are in space and can support improved spacing and sizing of letters during handwriting or other tasks requiring careful hand manipulation.

## REPEAT

Complete this for both the left eye and the right eye. If it's too easy reduce the size of the circles and try again.

1

On a piece of paper make 12 circles about the size of a quarter, scattered randomly. Gently cover your left eye with your left hand.

2

Hold the pen vertically up and down with the pen tip side pointing down toward the page. Start with the pen about 18 inches or more above eye level, either above the head or behind your ear.

3

Focus on one of the empty circles and slowly bring the pen towards the page. The goal is to make a dot in the direct center of the circle you are focused on. You should be slowly moving the pen down towards the paper. Complete until each circle has been attempted.

4

Next gently cover your right eye with your right hand. Perform this for the left eye until you have attempted to put a second dot in each circle. Keep continued awareness of the entire room throughout this exercise.



If this feels too easy and your dots are in the center of your circles, reduce the size of the circles to the size of a nickel, penny, dime, and then even smaller.