

Vision Therapy Home Activities

These home vision therapy exercises are a small sampling of activities from a comprehensive vision therapy program. They are designed to work together to build a few fundamental ocular motor and visual processing skills.

Marble-Pie Tin Rotation & Egg Carton Toss

Purpose: To provide the student with the opportunity to learn to direct action accurately, smoothly and efficiently. This activity gives the student a very controlled environment in which to look, make judgments, manipulate the environment, and to directly observe the consequences of their actions.

Materials: Pie tin, marble, and egg carton (with the top lid removed)

Part One

1. Hold the pie tin with both hands at a point below eye level.
2. Rotate the marble as slowly as possible in a constant circular pattern around the edge of the pan, slow to a stop, and then reverse the motion. Work to be able to do this with a minimal amount of tilting and with a smooth and continuous movement of the marble. Do this for one minute in each of the following positions:

Held directly out in front of the body

Held as far to the right as possible, but still seeing it with both eyes and not turning the head towards the pie tin

Held as far to the left as possible, but still seeing it with both eyes and not turning the head towards the pie tin

Part Two

1. With the bottom half of a grocery store egg carton, draw letters or number in the spaces or put different color stickers in each space.
2. Place a marble or some other small object in the first hole. The patient's task is to toss the marble up into the air and catch it in the next hole, working from one end of the carton to the other.
3. Note: This is not an easy task. Be aware that many younger children will not have the necessary coordination to be very good at this, so they are working to "get better" at the task rather than to master it. Probably should not be used for most children under 8 years old, although some may be able to achieve success with practice.

A Reminder about Eyesight and Vision

Eyesight is the physical process of detecting patterns of light and contrast with the eyes. It is the ability to see small objects clearly. The accepted measurement is 20/20 visual acuity. Vision is the learned process that allows the brain to efficiently gather and use the information that is seen through the eyes. Vision provides the brain with an efficient channel for monitoring our attempts to move through, or change the environment. Vision includes skills such as eye tracking, eye teaming, focusing and perceptual relationships. How the brain and eyes work together – vision – has a great impact on the learning process for both children and adults.

A vision therapy program typically includes the use of special lenses, prisms or filters, in association with procedures designed to enhance the brain's ability to control eye alignment, eye movements, focusing ability and eye teamwork. High levels of visual-motor efficiency and endurance are developed during carefully monitored therapy sessions. The new skills are brought together and become automatic by repetition and integration with motor and cognitive skills.

If you have questions or have interest in a free evaluation, please call our office at 913-469-8686 or e-mail us through our website at www.visiontherapykc.com.