

# 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.

## **Picture Memories**

Purpose: Simultaneous processing.

Materials: Magazine pictures and a “target”, such as a circle taped to a wall

Method: Cut out two pictures from a magazine. Have the student stand directly in front of the target. Place one picture on the wall to the left of the target and the other picture to the right of the target.

### Part One

Have the student look at the picture to his left for 10 seconds. Have him/her close their eyes, count to ten out loud and then with his eyes still closed describe as many details of the picture as he/she can from memory. Do the same with the picture on the right.

### Part Two

Have the student look at the picture to the left for 10 seconds. Now have him/her look at the picture to his/her right and while looking at the picture to the right have them describe as many details as he/she can of the picture on the left. Repeat this by looking at the picture to the left and describing the picture on the right.

Use other sets of images to repeat this activity.

## **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](http://www.visiontherapykc.com).