

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.

Rhythm Building

Purpose: Rhythm is the basis for counting, timing and spatial judgments. Many activities in a program of vision therapy are done to the rhythm of a metronome. This activity will help to make following a beat easy and natural.

Materials: Music with various beats and a broom or yard stick

1. The first part of this activity is done sitting down and clapping to the beat of the music.
2. Next, clap to every other beat.
3. Slap your thighs to every beat; then to every other beat.
4. Alternate clapping the hands on one beat with slapping your thighs on the next beat.
5. Now, stand up and march in place, stepping to every beat; then march to every other beat.
6. Clap as you do the marches.
7. Vary the activity by marching on the beat and every other beat:
 - Forwards
 - Backwards
 - Sideways, both left and right
 - Use a broom stick or yard stick as a baton as you march, up on one beat and down on the next beat.
8. See if you can come up with other variations to this activity and use other pieces of music with faster or slower beats.

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.