

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.

See Three Coins

Purpose: To provide control, flexibility and stamina in eye coordination.

Materials: One index card with two pennies or other coins fixed to it.

Part One

1. Place the card with the two coins on the table in front of you. Then hold a pencil so that the point lies flat on the paper directly between the two coins.
2. SLOWLY MOVE THE PENCIL UP TOWARD YOU NOSE, making sure you focus directly on the point of the pencil, yet being aware of the coins in the background. As some point, the coins will appear to double, making four coins appear.
3. As you continue to move the pencil toward your eyes, there is a point at which the two middle coins will fuse into one, making a total of three coins on the card. If you look directly at the card, the effect will disappear. If it does, start over with the pencil point placed on the card again.
4. Continue until you can hold the image of the center coin while looking at the very tip of the pencil. Examine the coin – look at the words on it, the image details, etc. Where does the center coin seem to be – is it on the card, closer, or farther away than the outer two coins? Move the pencil slightly toward and away from you several times to see when the center coin seems to be right at the pencil.

Part Two

1. After mastering Part One, then try slowly removing the pencil while keeping the eyes in the same place. The three coins will remain if you can do this. If the image disappears when you move the pencil, start over again.
2. After you can hold the image after taking the pencil away, try moving the card slightly to the left, right, up and down to see if you can still maintain the center image. When successful, move the card in a circle of about 12 to 16 inches in diameter.

Part Three

Practice being able to get the effect without using a pencil at all, by just focusing your eyes at the point in space at which the effect is produced.

Part Four

1. Look at a distant object. While keeping your eyes focused on that object, slowly move the card up in front of that object. In effect, your eyes are looking THROUGH the card, still staying focused on the far object.
2. If you are successful in keeping the far focus, you should again see 3 coins. Examine the center coin while still maintaining the far focus. Where does it seem to be in relation to the other coins?

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.