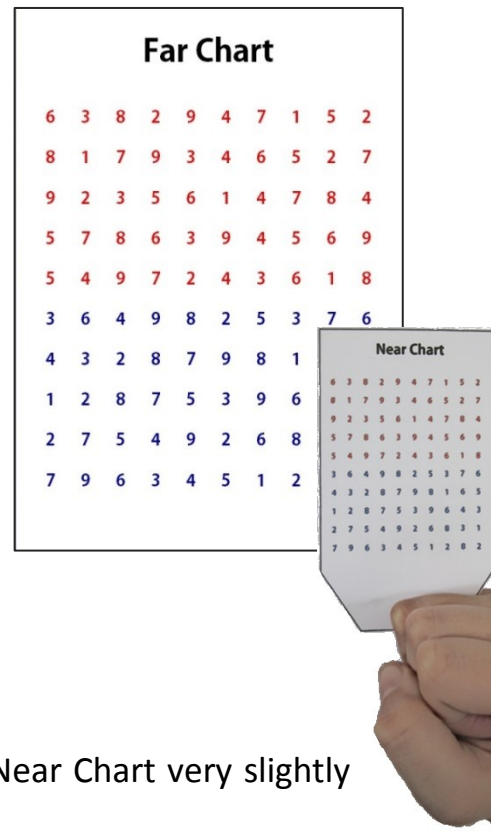


Near Far

Aim: To improve near focusing ability and to shift the focus of your eyes quickly and accurately between near and far.

Method:

1. Print the Far Chart on a sheet of A4 paper and the Near Chart on some card.
2. Place the Far Chart about 3 meters away (eg. on the bedroom door) and insert the Near Chart between your little finger & your ring finger about 2 hand palm lengths away - or the furthest needed to clear the letters.
3. Cover your RIGHT EYE and look at the top line of the Far Chart with your left eye. Clear it as quickly as you can, calling out the first 2 numbers.
4. Now look at the top line of the Near Chart. Clear it as quickly as you can, calling out the *next* 2 numbers. Keep calling out the numbers in this manner (reading from left to right) alternating between the far & near charts.
5. When you are half way down the chart swap eyes. Cover your LEFT EYE and continue reading with your right eye.
6. Each time you get to the bottom bring the Near Chart very slightly closer (still inserted between your fingers).
7. Do this for up to 10 minutes a day for the recommended number of weeks.



Number of weeks..... 1 2 3 (circle)

Note:

- To avoid memorizing, the activity can also be done reading from right to left!
- Younger children (eg. 6 years) may need to use an easier chart.