

Spying (accommodation)

This activity helps the eyes develop the ability to effectively and efficiently shift focus between different locations, including locations at different distances. This important skill allows you to efficiently shift focus back and forth between near-vision tasks (e.g., reading, doing worksheets, or catching a ball) and far-vision tasks (e.g., looking at a smartboard or chalkboard, reading signs, or aiming a ball).

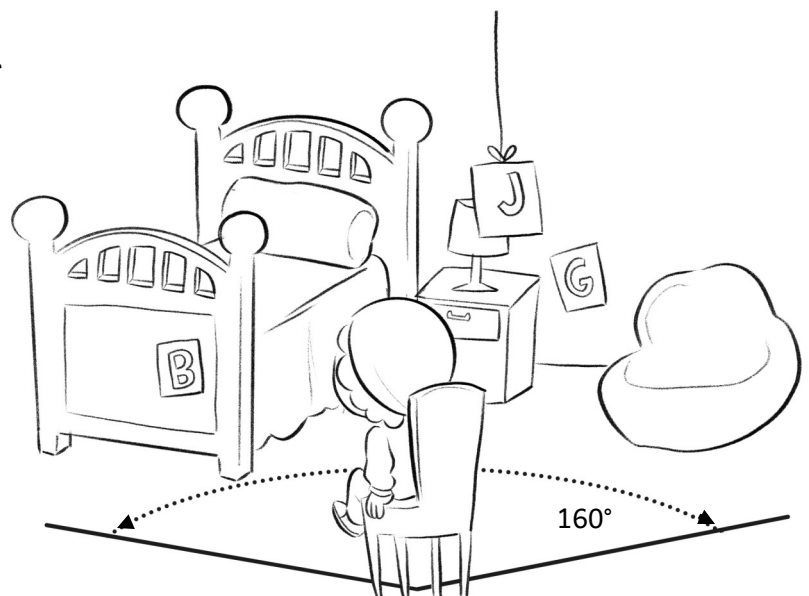


What you need

- 15-20 card targets - you can use cards with letters, numbers, or simple symbols
- 15-20 clean cards (1.5x2 inches)
- Possibly a pair of scissors to separate downloaded cards
- Measuring tape to determine the distances of the various targets
- Tape that may be needed to secure targets (e.g., painter's tape, which does not leave any residue)
- Optional: metronome to provide a consistent pace (many free apps are available)
- An eye patch (note, you can download directions for a DIY pirate eye patch)
- A tracking sheet to document your practice
- You'll need two people for this activity: one person who, like Max, does the activities (we will call this person Max in the directions below), and one person who, like Gina, guides the activity (we will call this person Gina in the directions below).

Preparation

- If you don't have an eye patch, make one following the DIY pirate eye patch instructions.
- Make your own card targets and numbered cards or download and print example card targets, numbered cards, and a tracking sheet from the website.
- Separate any downloaded cards from each other by cutting along the lines.
- Set up your card targets at different distances that are all in line of sight from a single location in the room (or outside). Spread out the cards within a 160-degree radius, so Max's eyes must look across the midline of his body on each side. Set up the targets between a reading distance (e.g., 12-15 inches) and farther distances (e.g., 1 and 3 yards away).



- Put a number by each target card to show the order Max should look at them. Choose a random order so Max has to keep moving his eyes around (for example, from close to far, from far to close, from cards in front of him to cards off to one side or the other). It is important that the order has lots of variety.
- Identified positions can be reused in later practice rounds, so you don't have to remeasure each time. You can simply change the order Max has to look at them.

Activity

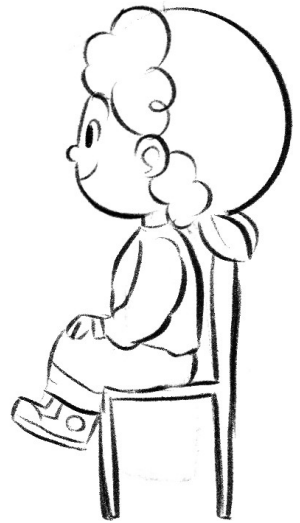
This activity can be done in a sitting or standing position (standing on both legs or one leg), and with and without an eye-patch. For children who are doing this activity for the first time, start them in the sitting position (Level 1).

Level 1 - Emerald

This activity is done in a sitting position, with and without an eye patch.

You playing Max:

- Sit on a chair (or on a mat). Practice with and without an eye patch. Make sure that no bright light is shining in your eyes.
- Remain in the same spot for the entire activity.
- Name each target, following the specified order. Maintain a constant rhythm.
- Complete three rounds with an eye patch on your right eye, three rounds with the eye patch on your left eye, and three rounds without an eye patch.



You playing Gina:

- Ensure Max maintains a constant rhythm.
- Document target accuracy. Note whenever Max seems to take longer to identify a target or is struggling to name a particular target. You may notice that it occurs more frequently at certain distances or when shifting the gaze from one distance to another. Whenever Max makes a mistake or you notice guessing, ask him about the clarity of such targets. Note any targets that did not look crisp to Max. Asking Max whether targets are clear helps him become more aware of whether or not things look crisp to him. Give Max lots of opportunities to overcome potential difficulties.
- At the end of every round switch up the order of the targets by switching up the numbers. Set up a few extra targets around locations and distances that seemed particularly challenging.

Important Note

Some children may struggle more shifting their gaze from near targets to far targets and others may find it more challenging to shift from far targets to near targets. Pay attention to these patterns and for new rounds select orders that provide extra practice. Also pay attention to potential guessing. This is not a guessing game, nor do we want for targets to be noted as clear if they are not. Again, asking Max whether targets are clear helps him become more aware of whether or not things look crisp to him. Many children do not realize that how they see is not how everyone else sees. If you notice any of these behaviors, reduce the difficulty level to where the behavior started to emerge and gradually increase the difficulty again as Max is successful.

Recommended Practice

Complete 2-3 rounds, 2-3 times per day, 3-5 days per week depending on a person's performance level. Notable improvements can be achieved within days or weeks depending on the initial level of proficiency.

More Advanced Levels

Only move to more advanced levels if the current level can be completed successfully, with and without an eye patch. Download additional targets or make your own. You can use symbols, numbers, letters, or words. Follow the same preparation directions described above.

Level 2 - Sapphire

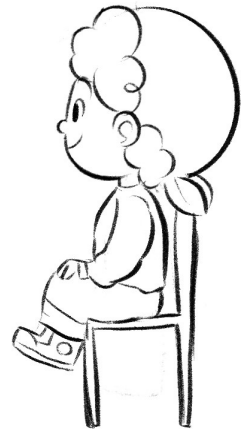
Increase the difficulty by adding additional target locations at farther distances (up to 10 yard away). Follow the same directions and recommendations as described under Level 1, with and without an eye patch.

You playing Max:

- Complete this activity as described under Level 1.

You playing Gina:

- Monitor the activity as described under Level 1. Ensure Max maintains a constant rhythm.
- Document target accuracy. Note whenever Max seems to take longer to identify a target or is struggling to name a particular target. You may notice that it occurs more frequently at certain distances or when shifting the gaze from one distance to another. Whenever Max makes a mistake or you notice guessing, ask him about the clarity of such targets. Note any targets that did not look crisp to Max. Asking Max whether targets are clear helps him become more aware of whether or not things look crisp to him. Give Max lots of opportunities to overcome potential difficulties.
- At the end of every round switch up the order of the targets by switching up the numbers. Set up a few extra targets around locations and distances that seemed particularly challenging.



Level 3 - Fire Agate

Same as Level 1, but the activity is done in a standing position, with and without an eye patch. Follow the same directions and recommendations.

You playing Max:

- Stand with your legs hip-width apart. Practice with and without an eye patch.
- Remain in the same spot for the entire activity.
- Name each target, following the specified order. Maintain a constant rhythm.

You playing Gina:

- Make sure no sharp objects are around in case Max wobbles. Be ready to lend a supporting hand.
- Monitor the activity as described under Level 1. Ensure Max maintains a constant rhythm.



- Document target accuracy. Note whenever Max seems to take longer to identify a target or is struggling to name a particular target. You may notice that it occurs more frequently at certain distances or when shifting the gaze from one distance to another. Whenever Max makes a mistake or you notice guessing, ask him about the clarity of such targets. Note any targets that did not look crisp to Max. Asking Max whether targets are clear helps him become more aware of whether or not things look crisp to him. Note how many times Max wobbles. Give Max lots of opportunities to overcome potential difficulties.
- At the end of every round switch up the order of the targets by switching up the numbers. Set up a few extra targets around locations and distances that seemed particularly challenging.

Level 4 - Blue Fluorite

Same as Level 3, but the activity is done standing on one leg, with and without an eye patch. Follow the same directions and recommendations.

You playing Max:

- Stand on one leg. Practice with each leg. Practice with and without an eye patch.
- Remain in the same spot for the entire activity.
- Name each target, following the specified order. Maintain a constant rhythm.

You playing Gina:

- Make sure no sharp objects are around in case Max wobbles. Be ready to lend a supporting hand.
- Monitor the activity as described under Level 1. Ensure Max maintains a constant rhythm.
- Document target accuracy. Note whenever Max seems to take longer to identify a target or is struggling to name a particular target. You may notice that it occurs more frequently at certain distances or when shifting the gaze from one distance to another. Whenever Max makes a mistake or you notice guessing, ask him about the clarity of such targets. Note any targets that did not look crisp to Max. Asking Max whether targets are clear helps him become more aware of whether or not things look crisp to him. Note how many times Max wobbles or has to put his foot down. Give Max lots of opportunities to overcome potential difficulties.
- At the end of every round switch up the order of the targets by switching up the numbers. Set up a few extra targets around locations and distances that seemed particularly challenging.



Level 5 - Tiger's Eye

Same as Levels 3 and 4, but the activity is done clapping the hands before naming each target. Follow the same directions and recommendations.

You playing Max:

- Complete this activity standing on both legs and on one leg, with and without an eye patch.
- Remain in the same position and in the same spot for the entire activity.
- Clap your hands before naming each target. Follow the specified order. Maintain a constant rhythm.



You playing Gina:

- Make sure no sharp objects are around in case Max wobbles. Be ready to lend a supporting hand.
- Monitor the activity as described under Level 1. Ensure Max maintains a constant rhythm.
- Document target accuracy. Note whenever Max seems to take longer to identify a target or is struggling to name a particular target. You may notice that it occurs more frequently at certain distances or when shifting the gaze from one distance to another. Whenever Max makes a mistake or you notice guessing, ask him about the clarity of such targets. Note any targets that did not look crisp to Max. Asking Max whether targets are clear helps him become more aware of whether or not things look crisp to him. Note how many times Max wobbles, has to put his foot down, or forgets to clap. Give Max lots of opportunities to overcome potential difficulties.
- At the end of every round switch up the order of the targets by switching up the numbers. Set up a few extra targets around locations and distances that seemed particularly challenging.