



## VISION HOME PROGRAM

### Whole body warm-ups-

- Cross crawl=standing up tall with arms at your sides, raise your right knee as high as you can (to your belly button or reaching towards your chest) and simultaneously tap that knee with your opposite (left) hand, then switch and lift your left knee up high and tap it with your right hand. Remember to stand up tall and do not bend forward. Try it while listening to a song with a good marching or dancing beat
- Cat-cow stretch=on the floor, get onto your hands and knees, straighten your arms (don't bend your elbows!). Make sure your wrists are under your shoulders and your knees are underneath your hips. Now simultaneously lift your head up and look up at the ceiling, lifting your chin up (tummy should go towards the floor), then Take a deep breath and exhale to reverse your position so that as you lower your head and look toward your belly button, your back is rounded up toward the ceiling-remember to keep your elbows/arms straight. Do this back and forth cat-cow-cat-cow, etc. at least 10x in rhythm to big inhale and exhale.
- Animal walks:
  1. Rocking Horse: Curl up into a ball and rock back and forth, pulling head, legs, and arms tightly into your tummy-try to touch your nose to your knees and either have someone gently push you to start and try to keep rocking for count of 10-30.
  2. Version 2 of Rocking Horse: Get into crawling position (hands and knees on the floor) and keep back parallel to floor and fingers forward. (Place a target for child 12 inches from the face). DO NOT BEND ELBOWS as you try to touch the target with your nose by

leaning forward. After touching the target, look back at your knees and lean back on your heels. 10x in a row

3. Bear Walk: Stand up then bend over from hips touching floor with your hands. Keep legs stiff (do not bend the knees) and walk forward moving hands and feet simultaneously. So left hand and foot move together then right hand and foot, etc. Then change to opposite hand and leg move together (right hand/left leg, etc.)
4. Crab Walk: Squat and reach backwards placing hands on the floor behind you with fingers pointing toward feet. Lift your behind off the floor until your head, neck, and body are in a straight line parallel with the floor. Now move forward, walking with your hands and feet simultaneously and then switch to not same (right with left, etc). Go forward, backward, right and left.
5. Ankle Grab: Reaching forward from standing, bend at hips and grasp your right ankle with right hand, left with left, now stand and walk and move forward or backward or right/left.
6. Wheel barrel Walk: Place hands flat on the floor, fingers pointing forward. Have parent/friend grasp ankles or thighs (if weak trunk), and lift child up so s/he can support themselves with upper body/arms. Legs must remain straight as child “walks” forward.

#### Eye Muscle Warm-ups-

- Open eye stretch=sit or stand erect but relaxed (relax your shoulders!). Look straight ahead focusing first on a spot in the distance, take a deep breath and with eyes wide open (try Not to blink) move just your eyes in a counterclockwise direction as if you are following the numbers on a clock(start at 12:00-9-6-3 and back to 12:00, then move your eyes in a clockwise direction , starting at 12:00-3-6-9 and 12:00, at each “number” on the clock). Hold your eyes at each spot for a count of 5-10 before moving to the next number on the clock. Remember keep eyes wide open and try to hold your breath as you move your eyes around the clock.
- Eye relaxation=- After eye stretches or when eyes are tired, sit in a relaxed position and rub your hands together until they feel warm. Then place the

palms of your hands gently over closed eyes for count of 30. Repeat one more time with eyes covered but keep them open, looking into hands. Make sure to breathe deeply when placing palms over eyes.

#### Activities/Games-

- Toss a ball up in the air and catch it (do it 10 x in a row) (Keeps eyes on the ball)
- Toss a ball up in the air and clap your hands and catch it before it bounces (do it 10 x in a row)
- Throw a ball against a wall and catch it before it bounces (Do it 10x in a row)
- Throw a ball against a wall and clap your hands and catch it before it bounces (Do it 10x in a row)
- Same as above but throw a ball or bean bags into a static target (hoop, bucket) or do this while on a swing. To increase the challenge, swing, balance or slide and toss ball into a moving target
- Pass a balloon back and forth with a friend without letting it fall (try this while sitting on a T-stool or a ball)
- Hit a ball hanging from the ceiling with a plastic bat as many times as you can
- Lay down on the floor and toss a Nerf ball up in the air and catch before it touches you (do it 10x while listening to a song)
- Pass a bean bag back and forth between your right hand and your left hand (at waist level at least 6 inches apart): Throw the right bean bag up in the air and follow it with eyes only, then switch the left bean bag to your right hand, then catch the right bean bag (it should be up in the air) with your left hand. Do this 10x in a row. (To make it more challenging do this on a t-stool, balance board, or ball)
- Take a deck of playing cards: Place 4-6 cards face up in a row in front of you-take 5-10 seconds and memorize what you see. Then turn the cards over so you can't see what they are; before turning each card over, see if

you remember each card correctly before revealing what it is. (as you improve, add more cards)

- Attach a 3-8 foot long string to a door knob, with 1 bead strung on it. Stand erect holding the other end of the string to the tip of your nose with one hand. Line up the beads starting at 18 inches at your end of the string. Keep the string taut. Now, look at the door knob and slowly push one bead down the string, stop and notice if you see more than one bead/string-you should if you are using both eyes). You can add more beads and follow them with your eyes as you slowly push each one to the door knob

Therapeutic equipment to assist with ocular-motor integration-

- The Sit and Spin (base with circular board attached for rotational movement that is self imposed)
- The Side Slide (slippery board for side-to-aide and weight shift)
- 3-D books
- Mazes, Hidden Pictures (Highlighters for Children and Where's Waldo), and Dot-to-Dot books (can be found at the Dollar Store)
- Action whistles and blow toys, e.g., ball pipe, bubbles, (practice extending the length of the exhale).
- Puzzles, parquetry blocks and geo-boards (see Amazon.com)
- Infinity Walk ([Infinity Walk-Preparing your mind to learn](#), by Deborah Sunbeck, PhD). This requires walking in a specific pattern shaped like the number eight by placing two same objects (pillows/chairs/Hula-hoops) about 3 feet apart or drawn with chalk. Once designated, and a walking rhythm is established, the walker keeps their eyes on a static target placed 3 feet from the middle of the eight.
- Brain Gym, (by Paul & Gail E. Dennison). While standing close to a chalk board or easel, point to eye level. This is the midpoint of the 8 (imagine an 8 lying down/on its side). Start with whichever hand, and have the student draw a large horizontal number eight, starting at midline /center) and move counterclockwise, up and around. Make sure to extend the arm and relax the neck and head, but keep body aligned at

- the center/midpoint. Do several times counterclockwise, clockwise, then switch hands and repeat this pattern.
- See Brain Gym for other ocular-motor brain activities, such as Double Doodle, The Owl, and The Calf Pump.
  - iLs (Integrated Listening Systems). This is an auditory training program with specific visual and vestibular stimulation activities. This program requires supervision by a trained professional. For more information and locate a trained professional see website: [www.integratedlistening.com](http://www.integratedlistening.com)
  - Wii Fit/Wii Fit.Plus

Websites for free information and brain /vision training:

[www.childrensvision.com](http://www.childrensvision.com)

[www.happy-neuron.com](http://www.happy-neuron.com)

#### General Activities-

- Tic Tac Toe
- Flashlight/penlight tag (with a friend or sibling, each with a flashlight in a dark room, one child chases the light of the other child flashed on the walls)
- Blindfold games-Pin the Tail on the Donkey
- Marbles and cup=have a friend roll 10-20 marbles, one at a time, across a tabletop while you attempt to catch it in the cup placed at the edge of the table where you are sitting. Don't move your whole body, just your arm/hand holding the cup (and of course keep your eyes on the moving marble).
- Puppet play=each person has a puppet and one puppet has to copy what the other one does. Or just make up a story to be played out by the puppets using lots of gestures and movements
- Sorting and matching games using household items (toys, buttons, socks, mittens, Tupperware, etc.