Eye Tracking

Perceptual Training Workbook

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Introduction

The activities in this book were developed for children ages five and older. They are designed to help children in their early school years by improving the following skills:

1. Ocular Motor Skills: The smooth, accurate, and effortless eye movements necessary for efficient reading

2. Figure-Ground Separation: The ability to separate a subject from its background

3. Visual Concentration: The ability to concentrate and pay attention visually to a task

General Directions

There are five levels of activities in this workbook, ranging from least to most difficult. All children should start with Level 1. Each activity consists of rows of numbers or letters. The goal is to have the child start at the top line of each activity and, as quickly as possible, read aloud all the numbers or letters in a left-to-right direction. The child is to continue reading all the lines, but he or she is not allowed to use a finger to keep place while reading. If the child skips a number or letter or loses his or her place, let him or her continue until the activity is done. For the exercise to be done correctly, the child must not skip any of the numbers or letters.

Record the time it takes the child to do each activity correctly. The goal is for the child to improve his or her time as he or she proceeds through each activity. Do not proceed to the next activity until the child has done the current activity correctly without skipping any of the numbers or letters. Do not proceed to the next level until the child has mastered the current level and is consistently showing faster times.

Level 2

2	5	3	7	8	4	1	9
3	7	1	2	5	9	7	6
4	3	6	8	2	4	3	9
5	4	9	7	6	5	2	8
9	4	6	9	2	8	1	6
4	5	9	7	3	5	2	7
3	1	6	5	8	2	6	4
2	4	5	3	9	7	4	6
6	3	2	7	8	4	9	1
2	9	3	1	5	7	8	4

Min._____ **Sec.**_____

8	7	5	9	1	4	1	3
6	3	1	7	5	2	9	6
1	6	5	8	2	9	3	9
3	7	4	3	1	5	2	8
7	4	5	6	2	9	1	4
1	5	3	7	3	8	2	5
3	9	7	5	9	1	2	4
7	4	5	3	6	8	1	6
1	9	7	7	8	3	2	9
5	7	1	1	7	6	1	4

Min._____ **Sec.**_____

Level 3

A	Z	S		
F	V		R	A
J		G	W	
L	M	H		K
Q		K	I	L
R	T		P	J
	I	C	J	F
O	P		N	T

Min._____ Sec._____

Z		Q	O	I
	D	W		U
C	F		L	Y
V	G	R	K	
B		T	J	R
N	J	Y		D
	K	U	G	S
A	L		F	A

Min._____ Sec._____

Level 4

u   m   b   p   n   k

w   f   j   j   m   h

    v   i   m   k   r   z

c   r   k   z   b   g   v

t   q   u   g   j   f

h   s   o   a   p   d

    z   o   f   h   l   r

s   o   p   y   s   t   s

f   l   t   a   m   y

d   w   r   r   z   r   t

t   e   x   w   l   y   l   p

g   x   e   x   o   q

b   c   v   q   c   d   i