

Tracking

Visual tracking means using your eyes to follow a moving object from left to right. Here are some ways to work on visual tracking:

- Take breaks to prevent eye fatigue.
- Do eye exercises to strengthen your eye muscles. You can do these exercises sitting or standing. Try not to move your head: You want to work the eye muscles. Face forward and move your eyes to one side, focusing on an object. Then move your eyes to the other side, focusing on an object. Then look up and focus on an object above you, and look down and focus on an object below you.
- Visit with your eye specialist or ophthalmologist to learn more or if you have concerns about eye tracking.

Tracking Techniques

- Follow a line of print across a page. To make it easier to find the next line, put a finger at the beginning of the line as a place holder. After you read the line, return to the beginning and move your finger down to the next line.
- Use a ruler to track lines, moving it down line by line.
- A typoscope is a reading and writing guide that blocks unnecessary text. It allows the eye to focus on only a few words at a time. It may help block glare off the page, too. See the resource list for other information about typoscopes.

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- If your range of vision is limited, move your head to keep moving targets in your line of sight.

Tracking Activities

- Play “I Spy” using a flashlight in a dark room, finding different items.
- To work on hand and eye coordination, play catch with someone at a safe distance. Use a brightly colored ball or a ball that’s easy to see.
- Go bowling and watch the ball move down the lane toward the pins. This way, you’re working on tracking and hand and eye coordination.
- Go to the park, relax on a bench, and watch slowly moving cars in the parking lot.