

PENCIL PUSH-UPS

Pencil push-ups are exercises for the eyes. They help to improve visual tracking, convergence and accommodation skills, by strengthening the muscles. These exercises take approximately five minutes, and they should be done at least once daily.

PROCEDURE:

1. Have child cover one eye with their hand. (Use the other eye to watch the pencil.)
2. Take a pencil with a large cap eraser (any type of eraser) on top.
3. Hold the pencil eight inches away from face at eye level.
4. Slowly move the pencil in toward nose, letting it rest on the tip of the nose. (Repeat 5 times ON EACH EYE , THEN BOTH EYES.)
5. The child's eye should follow (TRACK) the eraser.
6. Slowly move the pencil horizontally (left to right) and vertically (up and down). Lastly, move the pencil in a circle.

THE CHILD SHOULD VISUALLY TRACK THE ERASER.

STRENGTHENING A CHILD'S ABILITY TO TRACK AN OBJECT
INCREASES THE STRENGTH OF THEIR EYE MUSCLES AND PROVIDES
THEM WITH A STRONG VISUAL FOUNDATION FOR READING.