

Eye Tracking Guide

Top tips for teachers and parents to resolve eye tracking issues



The Exercise

How to do the exercise:

1. Hold one arm comfortably out in front of you, with one finger sticking up towards the ceiling.
2. Focus on the nail on that finger very intensely for 10 seconds.
3. If you can focus without looking away for 10 seconds, move the finger slowly one inch left to right and back for 10 seconds (as if you're slowly swiping on a phone). Focus on the nail as the finger moves.
4. KEEP YOUR HEAD STILL! Try to move the eyeballs only.

When to do it:

We recommend that your child does three sets of ten seconds in a session. And they should do three sessions per day for ten days.



That might be when brushing their teeth and whenever they go to the bathroom. Whatever works. But you will need to track how often they have done it and celebrate when you reach 30 sessions done with a family trip out maybe!



OUR TOP TIP

Don't rely on your memory to get the exercises done. Set alarms on your phone for the day!



The Science

If a child has done an eye test, but still finds small text hard to read, then weak eye tracking and convergence is probably to blame.

Other typical signs of this are:

- skipping of words
- skipping of lines
- feeling overwhelmed by lots of text

As you read text on a page, your eyes need to point at exactly the same spot. If they don't do that, you will get two images in the brain like this:

smalllll text

You can see how the large text is easier to read, even though it has the same offset as the small text.

large text

So, larger font size will help while you work on the exercise challenge.

The good news is that the exercise we describe here will lead to improvement almost every time, if it is done carefully and very frequently.

Eye Tracking Exercise Chart

Session:	1	2	3
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			