

Fixation

How much the eye takes in without moving — two minutes a day

WHAT IT TRAINS

- **Fixation** — landing the eye where you intend
- **Span of recognition** — how much is taken in per look
- **Saccadic control** — the jump from one point to the next
- **Keeping your place on a line**

A fluent reader takes in several words per fixation and lands accurately on the next spot. A struggling reader fixates more often, takes in less each time, and loses the line. This exercise widens the span and steadies the landing — and because it uses numbers rather than words, it works for a child who cannot read yet.

HOW TO DO IT

1 Find the dot

Hold the sheet at normal reading distance. Put your eyes on the orange dot in the middle of the first row and keep them there.

2 Read both numbers

Without moving your eyes off the dot, say the number on the left and the number on the right. They are seen with side vision, not looked at directly.

3 Work down the page

Move down one row at a time. The numbers get further apart as you go, so it gets harder. Stop where it stops being possible.

4 Go a little further

Next time, try to get one row further down than last time. That row is the whole exercise.

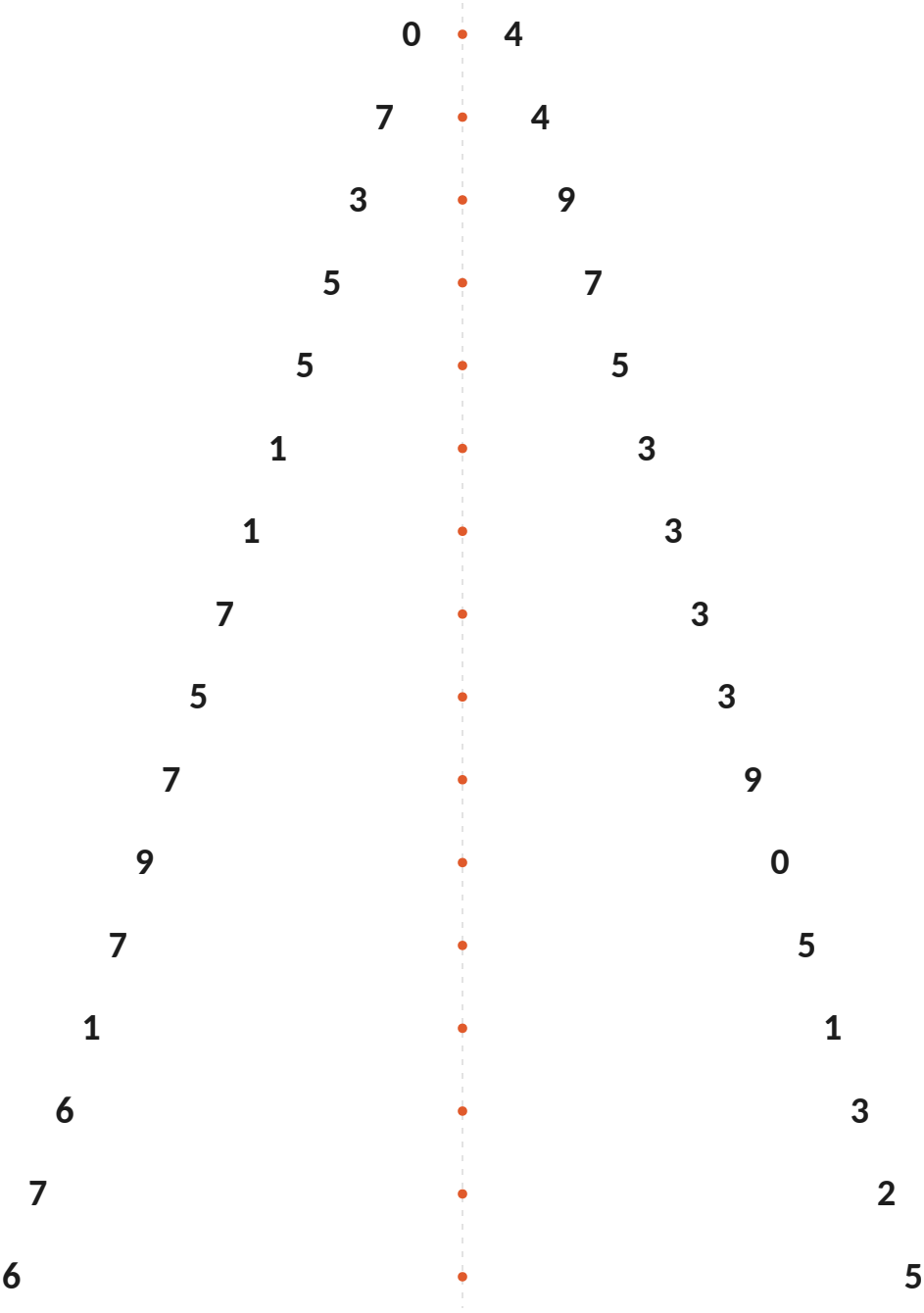
5 Add a small delay

Once the page is easy, glance at a row, look away, and then say both numbers from memory.

RULES THAT MATTER MORE THAN THE EXERCISE

- No head movement. Only the eyes work, and on this exercise the eyes barely move at all.
- Two to three minutes is plenty. This is tiring in a way it does not look.
- Note the row they reached each day. That number is the measure and it moves.
- If they start guessing, they have gone past their edge. Go back up two rows.
- Do not do this when they are tired — you will measure the tiredness.

Print several copies. The numbers are randomly generated, so a fresh sheet removes any chance of memorizing rather than seeing.



Eyes on the orange dot. Read both numbers without looking at them. Work down the page.