**Peripheral Find, Touch, Look**

**Goal**: To develop accurate eye movement ability and control within a near visual space. To increase awareness of peripheral vision.

**Materials**: Table with 3-7 objects on it arranged at randomly spaced locations. The objects should be no smaller than a post-it note and no larger than a toaster.

**Instructions**:

1. Patient sits at the table with good posture and both feet on the floor.
2. The objects on the table should be arranged with relatively even space to one another. The assistant calls out the names of the objects in random order.
3. Patient is to keep their eyes fixed on the middle of the table and use their peripheral vision to find the object named (Locate the object out of the corner of his/her eye).
4. Next, while keeping their eyes fixed on the middle of the table, the patient is to touch the object named.
5. Then, the patient is to move their eyes to that object with one swift motion.
6. The assistant continues calling out the name of each object in random order at 2-4 second intervals, giving the patient time to locate the object peripherally, touch the object, then move their eyes to the object, and hold them there for a moment, before moving on to the next object.
7. Once the above is mastered, work a pattern into the activity. Create a predictable order by calling out the object names in the same order. See if the patient can maintain the same order without the names being called out by the assistant.
8. Once the above is mastered, add a metronome ([www.metronomeonline.com](http://www.metronomeonline.com)) to Step 5 to keep the patient moving their eyes in a rhythmic and coordinated manner.

**Aspects to emphasize**:

1. The patient is to fixate the objects accurately in one swift movement. The assistant can provide feedback on whether or not this was achieved.
2. The patient should feel their side vision ‘expand’ or ‘enhance’ as they perform this activity, increasing awareness of their peripheral vision.