**Peripheral Dowel Tapping**

**Goal:** To gain peripheral awareness and accuracy with a motor component

**Setup:** Use magnets on a refrigerator, draw letters on a large whiteboard or window, or place sticky notes on a wall to act as your peripheral targets. You will need two long dowels or yard sticks with which to tap the targets.

**Instructions:**

1. Sit or stand with good posture and look straight ahead keeping your vision “soft”.
2. While continuing to look straight ahead, use your peripheral vision to be aware of the room and to begin locating the targets on the board. It’s okay if targets seem blurry at first; they should become clearer as you practice the activity.
3. The assistant calls out one of the targets. Using your peripheral vision, attempt to locate the target and use the dowel to tap where you think the letter is. Hold the dowel in place and move your eyes to the tip of the dowel to check your accuracy.
4. Bring your eyes back to the central target and repeat the activity. Continue, tapping all the letters that you can see in your periphery. Check your accuracy each time and notice if there are any trends (ie. Always to the left, more accurate on your right, etc.)
5. If you’re having trouble locating the targets, take a small step back to increase your periphery.

**Aspects to emphasize:**

1. Keep looking softly into the center. Work on expanding your periphery.
2. Focus on being accurate – make sure you’re tapping the center of the target.

**To make it more interesting:**

1. As the activity gets easier, move the letters farther away from the center.
2. Mix up the letters or have someone else mix them up for you, so you don’t memorize where the letters are.
3. Use both letters and numbers or even words or pictures to make the activity more challenging.
4. Place a chart as your central target; read the chart while doing the activity.
5. To make the activity easier, begin by naming colors only.
6. The activity may be done patched and/or unpatched.