# Peripheral Line Drawing

**Goal:**  To develop awareness of symmetry of movement and projection on both sides of midline with peripheral visual monitoring.

**Setup:**  Large and Flat writing surface (Whiteboard, Large Window/glass door, Sheets of Paper), Markers (Dry-erase for windows)

**Instructions:**

1. Place an “X” on whiteboard at nose level. Be sure to always keep your eyes on the “X”.
2. Hold a marker in each of your hands. Start with one marker on either side of the “X”. Draw straight horizontal lines out away from your body, going as far as you can while still being able to see the lines. When you’re at the edge of your periphery, drop down with a short vertical line and draw a horizontal line back to the center.

X

1. Keep drawing lines back and forth down the board. Try to move both your markers at the same speed and follow the line using your peripheral vision at all times.

 X

**Aspects to emphasize:**

1.  The lines should be of equal size and the patient should feel the arms moving at the same speed. If the lines are not the same on both sides, and patient is unable to tell, have the patient stop drawing and take a look at the lines then try again.

**To Increase Difficulty:**

1. Have the patient draw the lines to the beat of a metronome.
2. Try to draw the lines farther away from the center, expanding the periphery.