

# EYE-TRACKING GUIDE

DM Education's top tips and tricks to resolve eye-tracking issues

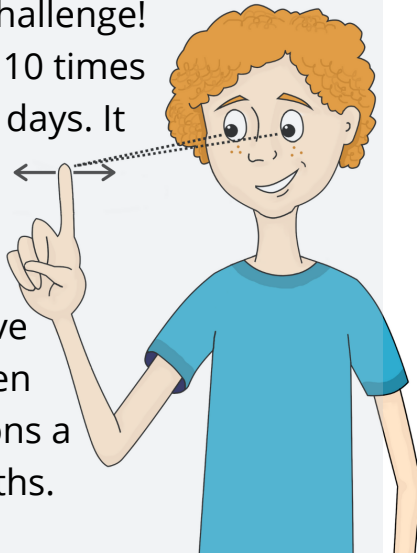
## The Exercise

### How do I do the Ninja Eye training?

1. Stand or sit with one arm straight out in front of you, with one finger sticking upwards towards the ceiling.
2. Focus on the nail on that finger.
3. Now move the finger slowly left to right (as if you're back and forth on a phone screen). Focus on the nail as the finger moves.
4. KEEP YOUR HEAD STILL! Move the eyeballs only.

### When do I do the Ninja Eye training?

Try the 10-10-10 Challenge! 10 times a day, do 10 times left-to-right, for 10 days. It only takes about 30 seconds per session and can have transformative effects. After the ten days, do 2-3 sessions a day for a few months.



## The Science

Weak eye-tracking is to blame if you see a child having difficulty reading smaller font sizes (with no sight issues), or skipping words.

As you read text on a page, your eyes focus on a word then jump to the right to view the next word or group of words. This movement is probably the most delicate muscle movement that the body does. Around 25% of struggling readers have some difficulty with it.

At the back of the brain is a region of cortex called the cerebellum. It contains half the neurons in the entire brain. The cerebellum controls motor outputs, so is responsible for these precise physical movements. It operates your eye muscles through a feedback loop.

When this neural feedback loop is weak, or the eye muscles themselves are, then weak eye-tracking, poor convergence, and other visual difficulties can arise.

If you do the exercises as directed and still see no improvement, then we would recommend visiting a specialist optometrist.

### \*OUR TOP TIP\*

Don't rely on your memory to get the exercises done. Set alarms on your phone for the day and record sessions on a chart! You will see some results at a minimum of 6 sessions a day, but not less than that.