



# I Spy

## DIY Brock String

**PURPOSE:** The Brock String is a tool that can be used to develop better coordination between the eyes. It also develops the ability to shift binocular vision from one point in space to another quickly and easily.

**MATERIALS:** Take **1 yard of string** and string **4 beads** on it. Tie the ends of the string together. You may place a **paper clip** on it so that your outstretched arm has a better hand hold when stretching out the string in front of your face.

**PROCEDURE:** Hold one end of the string slightly below the tip of your nose and the other hand outstretched at midline holding on to the paper clip with thumb and forefinger. Space the beads apart from each other and visually focus on the bead nearest your nose. If both eyes are performing as desired, you should see two strings going towards the bead you are looking at and see them converging together at the bead. This should be done both at a sitting and then standing level.

**Suppression:** If you close an eye, one of the strings will disappear. When the other eye is closed, the other string will disappear.

**NOTE:** \* If you see 2 beads and 2 strings, it means your eyes are not aimed together at the bead. Try changing where your eyes are looking until you get the desired response.

\* If you see 1 bead and 1 string with both eyes open you should, check your posture, blink rapidly, jiggle the string, or move the bead closer or farther from you.