

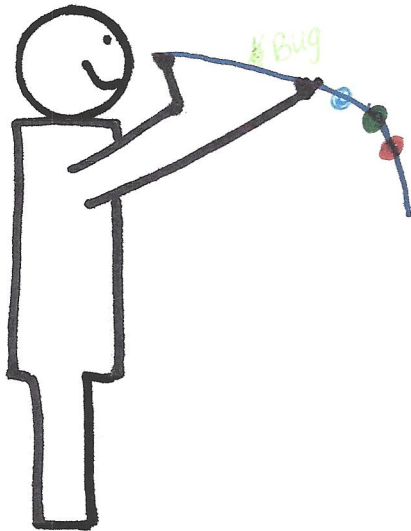
## Brock String Activity: Bug Walk

**Purpose:** To encourage eye teaming abilities at different distances and positions in space.

**Materials:** Brock String

### Instructions:

1. Sit in a relaxed position.
2. Put all three beads at one end of the string.
3. Hold the end of the string without beads just below your nose with one hand.
4. Hold the end of the string with beads straight out in front of you with the other hand.  
Make sure the string is held tight. Any remaining string will hang towards the floor.
5. Look at the far end of the string bead for 10 seconds.
  - a. You should see a "V".
6. Pretend there is a bug at the far end of the string.
7. Watch the "bug" slowly walk from the far end of the string towards you. It takes the bug 30 seconds to get all the way across.
  - a. As the bug gets closer to you, you should see a "X".
8. Watch the bug slowly walk back to the far end of the string away from you. It takes the bug 30 seconds to get back to the far end of the string.
  - a. As the bug gets farther from you, you should see a "V".



## 2 PERSON ACTIVITY

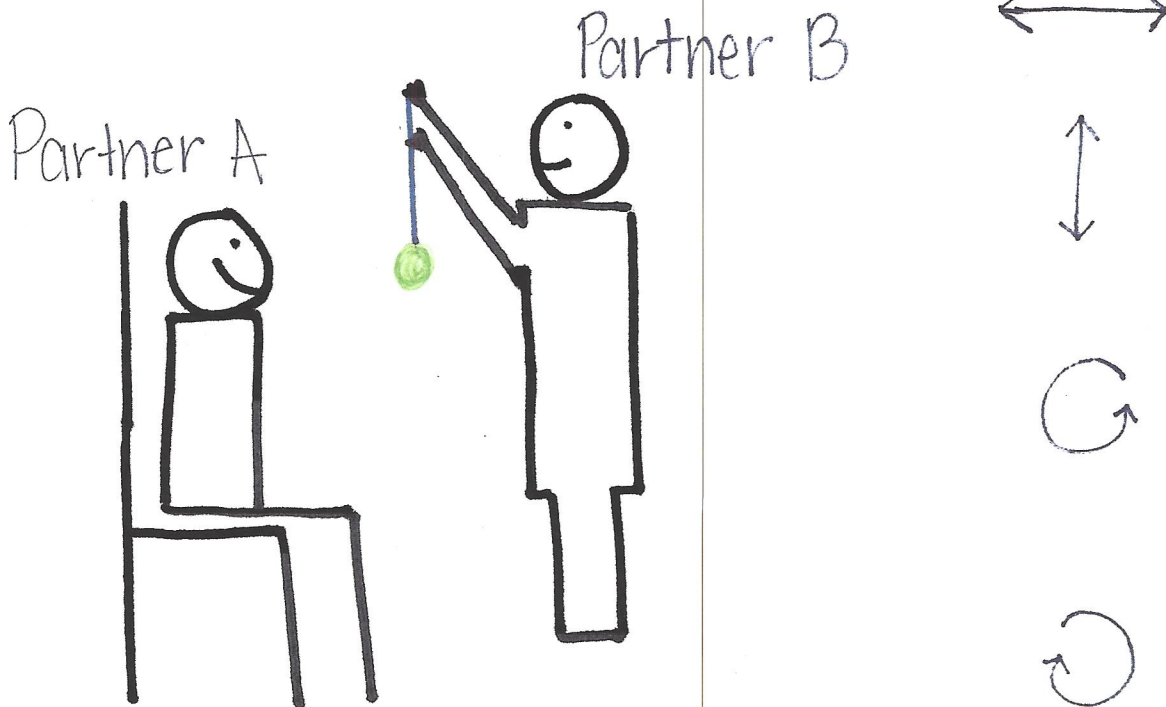
### Marsden Ball Activity: Tracking

**Purpose:** To increase tracking skills and the ability to fixate on a moving target

**Materials:** Marsden ball (ball attached to string)

#### Instructions:

1. Decide who will be partner A and who will be partner B.
2. Partner A sits.
3. Partner B stands in front of partner A while holding the string that is connected to the ball up in the air. The ball must hang in line with partner A's nose.
4. Partner B **SLOWLY** moves the ball in the following directions **10 times each direction** while partner A follows the ball with their eyes as it moves:
  - a. Side to side
  - b. Up and down
  - c. Circular to the right
  - d. Circular to the left
5. Repeat activity: Partner A will now be partner B. Partner B will now be partner A.



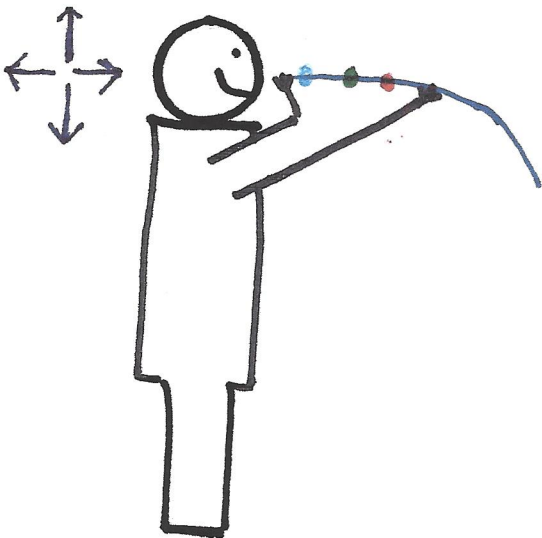
## Brock String Activity: Moveable "X" with Head Movement

**Purpose:** To encourage eye teaming abilities at different distances and positions in space.

**Materials:** Brock String

### Instructions:

1. Sit in a relaxed position.
2. Put all three beads at different distances on the string.
3. Hold one end of the string just below your nose with one hand.
4. Hold the other end of the string straight out in front of you with the other hand. Make sure the string is held tight. Any remaining string will hang towards the floor.
5. All three beads should be on the string between your two hands.
6. Look at the bead in the middle with both eyes for 10 seconds.
  - a. You should see one bead and two strings.
7. Look at the bead closest to you for 10 seconds.
  - a. You should see one bead and two strings.
8. Look at the bead farthest from you for 10 seconds.
  - a. You should see one bead and two strings.
9. Repeat activity with your head lifted slightly up. The string stays still.
10. Repeat activity with your head lowered slightly down. The string stays still.
11. Repeat activity with your head turned slightly to the right. The string stays still.
12. Repeat activity with your head turned slightly to the left. The string stays still.
13. If you are not seeing what you should:
  - a. Move the bead that you are looking at closer or further,
  - b. Focus on looking at just the bead,
  - c. Jiggle the string, and/or
  - d. Blink several times until you see what you are supposed to see.



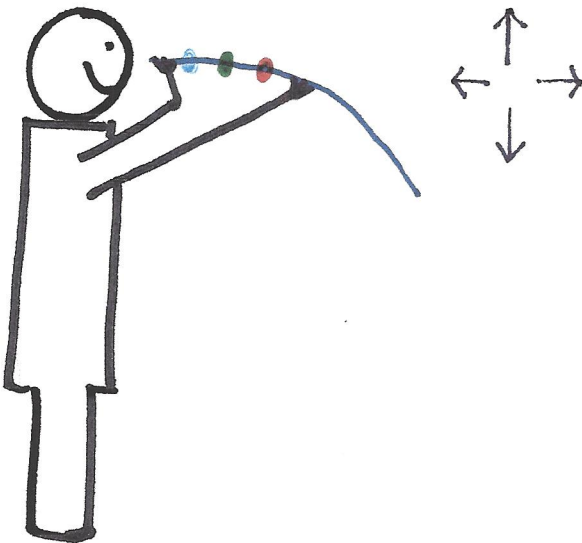
## Brock String Activity: Moveable "X" with String Movement

**Purpose:** To encourage eye teaming abilities at different distances and positions in space.

**Materials:** Brock String

### Instructions:

1. Sit in a relaxed position.
2. Put all three beads at different distances on the string.
3. Hold one end of the string just below your nose with one hand.
4. Hold the other end of the string straight out in front of you with the other hand. Make sure the string is held tight. Any remaining string will hang towards the floor.
5. All three beads should be on the string between your two hands.
6. Look at the bead in the middle with both eyes for 10 seconds.
  - a. You should see one bead and two strings.
7. Look at the bead closest to you for 10 seconds.
  - a. You should see one bead and two strings.
8. Look at the bead farthest from you for 10 seconds.
  - a. You should see one bead and two strings.
9. Repeat activity with the string lifted slightly up. Your head stays still.
10. Repeat activity with the string lower slightly down. Your head stays still.
11. Repeat activity with the string turned slightly to the right. Your head stays still.
12. Repeat activity with the string turned slightly to the left. Your head stays still.
13. If you are not seeing what you should:
  - a. Move the bead that you are looking at closer or further,
  - b. Focus on looking at just the bead,
  - c. Jiggle the string, and/or
  - d. Blink several times until you see what you are supposed to see.



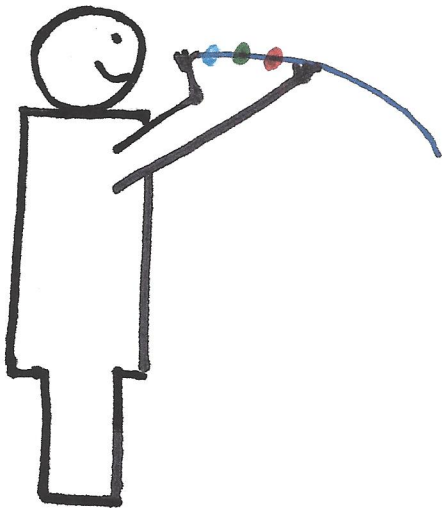
## Brock String Activity: Moveable "X"

**Purpose:** To encourage eye teaming abilities at different distances and positions in space.

**Materials:** Brock String

### Instructions:

1. Sit in a relaxed position.
2. Put all three beads at different distances on the string.
3. Hold one end of the string just below your nose with one hand.
4. Hold the other end of the string straight out in front of you with the other hand. Make sure the string is held tight. Any remaining string will hang towards the floor.
5. All three beads should be on the string between your two hands.
6. Look at the bead in the middle with both eyes for 10 seconds.
  - a. You should see one bead and two strings.
7. Look at the bead closest to you for 10 seconds.
  - a. You should see one bead and two strings.
8. Look at the bead farthest from you for 10 seconds.
  - a. You should see one bead and two strings.
9. Change the location of all three beads on the strings and repeat the activity.
10. If you are not seeing what you should:
  - a. Move the bead that you are looking at closer or further,
  - b. Focus on looking at just the bead,
  - c. Jiggle the string, and/or
  - d. Blink several times until you see what you are supposed to see.



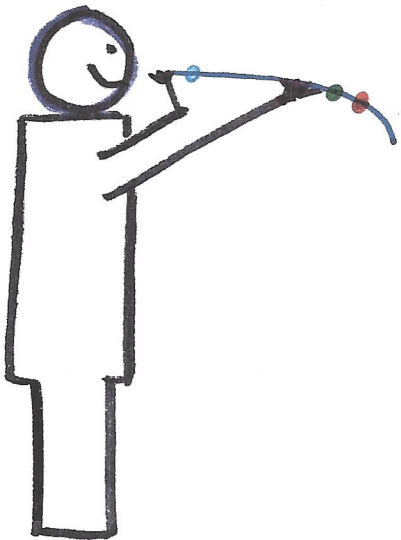
## Brock String Activity: Make an "X"

**Purpose:** To encourage eye teaming at different distances and positions in space.

**Materials:** Brock String

### Instructions:

1. Sit in a relaxed position.
2. Put one bead four fingers width away from one end of the string and the other two beads at the other end of the string.
3. Hold the end of the string with one bead just below your nose with one hand.
4. Hold the other end of the string straight out in front of you with the other hand. Make sure the string is tight. Any remaining string will hang towards the floor.
5. Look at the bead in the middle with both eyes for 10 seconds.
  - You should see one bead and two strings.
6. Look at the bead with your right eye for 10 seconds.
  - You should see one bead and one string.
7. Look at the bead with your left eye for 10 seconds.
  - You should see one bead and one string.
8. If you are not seeing what you should:
  - Move the bead that you are looking at closer or further,
  - Focus on looking at just the bead,
  - Jiggle the string, and/or
  - Blink several times until you see what you are supposed to see.



## 2 PERSON ACTIVITY

### Marsden Ball Activity: Orbit/Dodge

**Purpose:** To increase tracking skills and the ability to use vision to guide movement

**Materials:** Marsden ball (ball attached to string)

#### Instructions:

1. Decide who will be partner A and who will be partner B.
2. Partner A sits.
3. Partner B stands behind partner A while holding the string that is connected to the ball up in the air in front of partner A. The ball must hang in line with partner A's nose.
4. Partner B **SLOWLY** moves the ball around partner A in a circle without hitting them.
5. When partner A is ready, he/she will stand up and walk out of the way of the tennis ball without getting hit by the ball. You can NOT duck under the ball.
  - a. Repeat 5 times.
6. Repeat entire activity: Partner A will now be partner B. Partner B will now be partner A.

