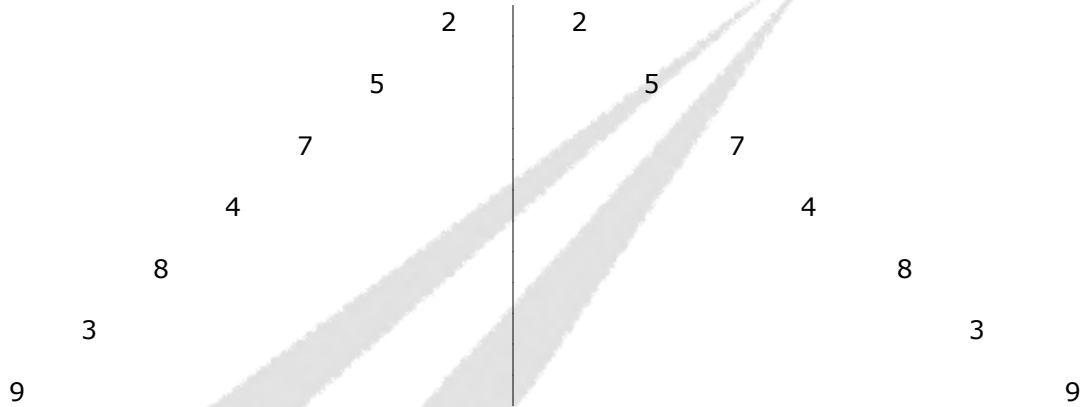


# Expanding Your Peripheral Vision

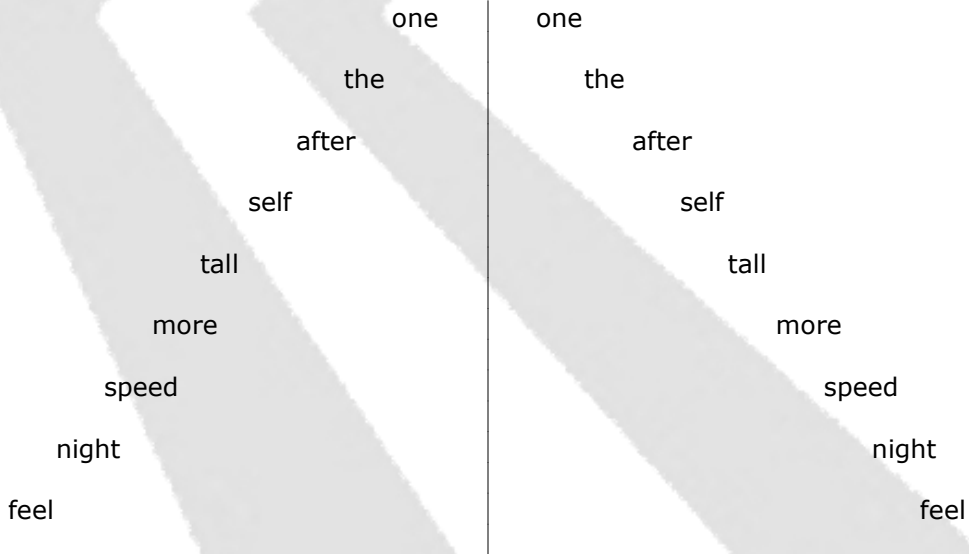
**DIRECTIONS:** Place a card or piece of paper under the first pair of numbers. With your eyes **gently** focused on the **vertical** line between the two numbers, try to "see" or at least distinguish the numbers.

Move down to the next number pair and so on.

**Remember:** Expanding your peripheral scope requires a soft, easy focus. So relax; don't constrict your vision.



Now try it with **words** instead of numbers:



Now, practice this exercise with a book. Place a card under a line of words. Put your finger or pencil under the **middle** word. With your eyes **gently** focused on that word, try to read or distinguish as many words on both sides of your finger as you can. Move your finger slowly down the column, picking up as many words as you can.