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## Eye Yoga Exercises:

- ❖ Strengthens visual-motor, visual-perceptual & linear movement skills
- ❖ Attach chart (back of page) to wall at eye level about 2-3 feet away
- ❖ Rest eyes by closing between each eye movement exercise

1- Look back and forth between the 2 ● symbols 5x each.

2- Close eyes for 5 slow breaths.

3- Look back and forth between the 2 ○ symbols 5x each.

4- Close eyes for 5 slow breaths.

5- Look back and forth between the 2 ✕ symbols 5x each.

6- Close eyes for 5 slow breaths.

7- Look back and forth between the 2 ▲ symbols 5x each.

8- Close eyes for 5 slow breaths.

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- ❖ Have the child use a flashlight to trace a path around the ceiling perimeter (where walls meet) or on the wall (chalkboard or tape) or floor (tape or sand) or the outline of a window, TV, picture, tree, car, person etc.
- ❖ A round clock can also be used for this exercise using the same eye movements as above and closing/resting eyes for 5 seconds in between each: : first vertical (12 & 6) horizontal (3 & 9) then oblique/diagonal (11& 4) oblique/diagonal (1 & 7)
- ❖ For more Yoga & Sensory Integration fun visit: [www.bodylogique.com](http://www.bodylogique.com)

