

Supporting Eye Tracking Skills



Poor visual eye-tracking during reading can be a sign of dyslexia, amongst other potential issues – so it may be worth investigating further if you are aware that this is an issue for your learner.

Some Traits of poor visual eye-tracking can be:

- Losing place when reading. Re-reads or skips words or lines.
- Omits, substitutes, repeats, or confuses similar words when reading.
- Must use finger to keep place when reading.
- Poor reading comprehension.
- Short attention span.
- Difficulty comprehending or remembering what is read.
- Erratic handwriting

Things to try:

- Complete maze puzzles
- Dot-to-Dot puzzles.
- Use a newspaper or magazine article and a highlighter pen. Ask your learner to highlight all of the letter "a's"
- Place a marble in a large round container. Rotate the container around and watch the marble as it rolls. Don't move your head, only your eyes!
- Find as many things shaped like a square in the room. Repeat the activity, finding all of the circular shaped items in the room.
- Play "I Spy."
- Use tracing paper to trace and colour pictures.
- Make a game of it! Set one vertical row of counters on the left side of the learner. Place another vertical row on the right side. The adult should draw a line from one counter on the left side to a matching counter on the right side. Ask the learner to follow the pencil as you draw. Next trace the line with your finger. Ask the learner to trace the line with their finger. They can then trace the lines with a pencil or marker.

More things to try:

- Changing font-style, colour and background colour? Possible use of coloured overlays (Consider screening for Irlen Syndrome) for some ideas take a look at British Dyslexia Association Style Guide: <https://www.bdadyslexia.org.uk/advice/employers/creating-a-dyslexia-friendly-workplace/dyslexia-friendly-style-guide>.
- Provide a reading ruler to encourage the eye to stay 'on track'.
- Play torch tag on walls and ceilings. The adult and child each holds a torch. As the adult shines the light on walls, the child keeps their light superimposed on top of yours. Start with simple straight lines. Then add curved lines, then a circle. Explain what you are drawing next. Advance the activity by drawing shapes without telling them what you are doing next.
- Create a race track on the floor. Follow cars with your eyes.
- Roll a ball between you and the child. Roll from left-right, right-left, front-back, back-front, and toss the ball.
- Colouring books are a good way to practice tracking of colours and matching the keys.
- Older learners can complete colour/paint by number art.
- Watching a ball or moving object that is thrown around a room (like a balloon) is a great way to work on tracking in a big area.
- Trace letters with chalk.
- Help with Handwriting? British Dyslexia Association Youtube Channel : 'Even Sizing for Handwriting' <https://www.youtube.com/watch?v=YdHRA-GrrbwE>.

Any questions?

You can call **0161 697 4166** to talk to our team.

Or you can email **support@lexplore.com**.