

Beginner Saccades Instructions

Saccades are eyes exercises that rapidly move between two points. This works your eye muscles, several of the cranial nerves, and the frontal cortex.

Print the two sheets below and hang them on a wall about 3 feet apart, with the middle of the chart at eye level. Stand arm's length from the wall. Looking straight ahead, without moving your head, move your eyes back and forth from chart to chart reading each letter aloud starting with the top letter on the left chart, then the top letter on the right chart, then the second letter on the left chart, then the second letter on the right chart, etc. It is best to do this at a constant rhythm. You can download several free metronomes to your phone and use one of these. Record your progress by how many letters you can read in one minute. Typical scores are around 65 letters per minute. 100 letters per minute is a good goal.

A good way to increase the frontal lobe workout is to use the advanced saccades chart. Everything is identical except you will now be using symbols mixed in with your letters and numbers. The eye workout is identical to the beginner saccades.

A good way to change the muscle and cranial nerve workout is to move the charts diagonal to each other. You can go all the way to vertical, with one chart on top of the other.

**W
8
H
5
7
D
4
E
J
9
2
Y
1**

**F
3
8
L
Q
1
9
B
4
8
G
M
7**