

DIRECTIONS: Goal 30-35 seconds

- Part 1. Say the first letter of the 2<sup>nd</sup> line and then the first letter of the 2<sup>nd</sup> to last line, then the second letter of the 2<sup>nd</sup> line and the second letter of the 2<sup>nd</sup> to last line, continuing across the rows. Repeat the process, reading letters from rows 3<sup>rd</sup> and 8<sup>th</sup>, 4<sup>th</sup> and 7<sup>th</sup> and end with rows 5 and 6.
- Part 2: Read the 1<sup>st</sup> letter of the 2<sup>nd</sup> column and the 1<sup>st</sup> letter of the 2<sup>nd</sup> to last column; then the 2<sup>nd</sup> letter of the 2<sup>nd</sup> column and 2<sup>nd</sup> letter of the second to last column. Repeat the process for columns 3 and 8, 4 and 7 and end with columns 5 and 6.
- If this is difficult read with one eye covered, then the other eye covered and finish with both eyes together.
- Increase the challenge by adding a metronome or head turns once able to achieve the goal in sitting, standing and balancing!!!

|                                                                                                                                                                |                                                                                                                                                                       |                                                                                                                                                         |                                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| HOSNCTKUZZL<br><u>YBAKOEZLRX</u><br>ETHWFMBKAP<br>BXFRTOSMVC<br>RADVSXPETO<br>MPOEANCBKF<br>CRGDBKEPMA<br><u>FXPSMARDLG</u><br><u>TMUAXSOGPB</u><br>OFNPVDTCHE | HOSNCTKUZZL<br><u>YBAKOEZLRX</u><br><u>ETHWFMBKAP</u><br>BXFRTOSMVC<br>RADVSXPETO<br>MPOEANCBKF<br><u>CRGDBKEPMA</u><br><u>FXPSMARDLG</u><br>TMUAXSOGPB<br>OFNPVDTCHE | HOSNCTKUZZL<br>YBAKOEZLRX<br>ETHWFMBKAP<br><u>BXFRTOSMVC</u><br>RADVSXPETO<br>MPOEANCBKF<br><u>CRGDBKEPMA</u><br>FXPSMARDLG<br>TMUAXSOGPB<br>OFNPVDTCHE | HOSNCTKUZZL<br>YBAKOEZLRX<br>ETHWFMBKAP<br>BXFRTOSMVC<br><u>RADVSXPETO</u><br><u>MPOEANCBKF</u><br>CRGDBKEPMA<br>FXPSMARDLG<br>TMUAXSOGPB<br>OFNPVDTCHE |
| HOSNCTKUZZL<br>YBAKOEZLRX<br>ETHWFMBKAP<br>BXFRTOSMVC<br>RADVSXPETO<br>MPOEANCBKF<br>CRGDBKEPMA<br>FXPSMARDLG<br>TMUAXSOGPB<br>OFNPVDTCHE                      | HOSNCTKUZZL<br>YBAKOEZLRX<br>ETHWFMBKAP<br>BXFRTOSMVC<br>RADVSXPETO<br>MPOEANCBKF<br>CRGDBKEPMA<br>FXPSMARDLG<br>TMUAXSOGPB<br>OFNPVDTCHE                             | HOSNCTKUZZL<br>YBAKOEZLRX<br>ETHWFMBKAP<br>BXFRTOSMVC<br>RADVSXPETO<br>MPOEANCBKF<br>CRGDBKEPMA<br>FXPSMARDLG<br>TMUAXSOGPB<br>OFNPVDTCHE               | HOSNCTKUZZL<br>YBAKOEZLRX<br>ETHWFMBKAP<br>BXFRTOSMVC<br>RADVSXPETO<br>MPOEANCBKF<br>CRGDBKEPMA<br>FXPSMARDLG<br>TMUAXSOGPB<br>OFNPVDTCHE               |

## SUPER SACCADES

H O S N C T K U Z L  
Y B A K O E Z L R X  
E T H W F M B K A P  
B X F R T O S M V C  
R A D V S X P E T O  
M P O E A N C B K F  
C R G D B K E P M A  
F X P S M A R D L G  
T M U A X S O G P B  
O F N P V D T C H E

H O S N C T K U Z L  
Y B A K O E Z L R X  
E T H W F M B K A P  
B X F R T O S M V C  
R A D V S X P E T O  
M P O E A N C B K F  
C R G D B K E P M A  
F X P S M A R D L G  
T M U A X S O G P B  
O F N P V D T C H E

H O S N C T K U Z L  
Y B A K O E Z L R X  
E T H W F M B K A P  
B X F R T O S M V C  
R A D V S X P E T O  
M P O E A N C B K F  
C R G D B K E P M A  
F X P S M A R D L G  
T M U A X S O G P B  
O F N P V D T C H E

