

# OPPOSITES



Step 1: Sit in supportive chair with object in front of you (finger, pen, or paper with X on front).

Step 2: While maintaining your focus on the object, move your finger and head in opposite directions at a pace that feels comfortable. Keep the motion small and keep object within focus. (If you move your head or the object too far, you will lose focus on the object.)

As this gets easier, try to speed up the motion of your head.

To advance, place object of focus on a busy background (wall with pictures, TV, outside).

- Complete this exercise for \_\_\_\_\_ minutes.
- Complete this exercise for \_\_\_\_\_ repetitions.
- Perform this exercise \_\_\_\_\_ times a day.
- Perform this exercise in \_\_\_\_\_ position.