



### **CONVERGENCE ACTIVITY**

1. Learn to maintain the third (middle circle) to the count of twenty while focusing on a pen tip held between the card and your eyes. You should see the 'A' above and the 'B' below the circle and the outer ring appearing closer to you than the inner.
2. Learn to keep the third circle after removing your pen, and maintain it again to the count of twenty. Then move the card slowly left, right and around in a circular fashion while maintaining the three circles.
3. Maintain the third circle clearly as you move the card slowly toward your eyes (to four inches from your eyes), and out to arm's length. Repeat.
4. Learn to look at a distant object (across the room) and return to the third circle quickly and easily while the card is at arm's length. Repeat while holding the card at various distances, including four inches from your eyes
5. Palm and do the Convergence Activity several times each day.

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