

DIRECTIONAL ARROWS



To help establish *laterality*; the ability to quickly identify directions (Right vs. Left) and reduce letter reversals.

Stand straight, feet shoulder width apart, elbows at sides (it is important to move only the forearms, elbows remaining at sides).

From left to right, SAY and POINT (at the same time) the SAME direction that the arrows point.

Then repeat, but SAY and POINT the OPPOSITE of the direction the arrows point.

Then repeat, but SAY the SAME direction that the arrows point, and POINT the OPPOSITE direction.

Then repeat, but POINT the SAME direction that the arrows point, and SAY the OPPOSITE direction.

Then repeat, and SAY and POINT the SAME direction that the arrows point.

Daniel J Kosterman, Optometric Physician

Dr. K's 20/20 Vision Center

11401 Old Glenn Hwy #105B

Eagle River, AK 99577

907-696-8733