

### **Near-Far Hart Chart**

**Purpose:** To develop accurate eye movements, swift focusing from far to near, and figure-ground perception.

**Materials:** One large and one small Hart Chart, patch, and metronome (or assistant clapping a constant beat). Place the large Hart Chart at eye level on wall as far away as you can comfortably read it.

#### **Procedure:**

1. Far to Near: Alternately read a row of letters from the large chart on the wall then one row of letters from the small chart held in your hand. When this can be accomplished add the metronome or clapping assistant and read the letters with the beat. Keep the beat constant until it is easy to stay with the beat. Then try various speeds. When this is easy read the letters two at a time from alternate charts, then one letter at a time from each.
2. Tromboning: Alternate reading rows from the far and near charts as in activity #1, but each time you read from the near chart move the chart as close as you can.

#### **Goal:**

1. To be able to move eyes accurately without losing place on the chart.
2. To be able to perform equally with each eye alone.
3. To be able to keep with the metronome, even with varying speeds.
4. To be able to focus on far and near charts with immediate clarity.
5. To be able to continue the activity for 10-15 minutes with little or no fatiguing.

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8

10

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

X	B	L	O	K	C	2	G
K	7	D	W	6	R	V	E
H	P	M	R	V	F	9	W
S	L	8	C	2	X	G	F
9	E	A	N	R	H	3	P
P	O	H	2	C	9	M	A
M	5	F	K	N	T	Y	6
L	D	Z	4	U	B	O	S

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

J Y P K r d M x  
v x i k f b k m  
c b f r x k m k  
k x k r x k m x  
v f y y k k x k  
k k m j y x k x  
m k x i r m y  
k y f k x d l y