



Rainbow Readers Limited

**Visual Motor and Perceptual
Skills Therapy Booklet**

**Improve Tracking - Visual Discrimination
Visual Spatial Skills and Left - Right Reversals**

Level 2

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www.rainbowreaders.co.uk

Instructions for Visual Motor and Perceptual Skills Therapy

Symbol Search Task

Please read these instructions on how to use these exercises to improve reading, writing and copying.

This exercise is designed to help with searching skills (visual tracking) and shape identification which are essential for reading.

The aim of the exercises is to track the page looking for a target symbol. Tell the student which symbol they are looking for, choosing the simplest shapes first:

1.  2.  3.  etc

and progress to a new shape as the student perfects their ability to identify the shape accurately.

- The exercises should be carried out under supervision
- Accuracy is more important than speed, but the student will get faster with practice
- The student should search for a given symbol as directed by you and circle it each time they see it using a wipe-able pen on the polythene / laminate
- They should track along each line in turn from left to right, taking their time and concentrating on being accurate.
- If they miss a shape they should start from the top again
- This should be carried out for 10 mins per day
- Try to ask the student to keep still while they are practicing the exercises and avoid moving their head.

There are varying levels of difficulty – the smaller and more compact the shapes are, the more difficult it is to distinguish between each one. Identifying the different shapes (particularly the snowflakes) and directions of the shapes will help visual discrimination skills.

Letter Reversal

The triangles presented at different directions a (pointing up and pointing down) encourage special relationship development and can help with letter reversal problems.

Try to have fun!

All these exercises help visual skills used when reading without asking the student to do extra reading.

If you have any further concerns or need further clarification please contact the orthoptist on:

Pilgrim Orthoptic Department: 01205 446474
Lincoln Orthoptic Department: 01522 573378

RAINBOW READER TRACKING EXERCISES - Frequently asked questions:

Why are these exercises given?

These exercises are aimed at improving the ability to scan along a line and continue to the next without missing anything out, improving the accuracy of reading and consequently the speed.

How often do the exercises need doing?

*It is extremely important that the exercises are carried out **10 min every day**.*

Do the exercises have to be carried out at school?

No. If school are able to assist then they can be carried out in school but it is the responsibility of the parents to ensure the exercises are undertaken. Please remember they are needed every day, including weekends.

What will happen if the exercises are not carried out?

Tracking will not improve without some form of intervention. Unfortunately if exercises are repeatedly not carried out we may have no choice but to discharge you / your child.

What about if the exercises are done less often?

This will cause delay to your treatment and a less successful outcome.

How can I help my child with the exercises?

We understand that the exercises may be difficult and cause some discomfort but with perseverance this can be overcome. A routine may be helpful and setting aside a time when their eyes are less tired could also be of benefit. As they do not know when they have gone wrong they will require an adult to monitor the exercises.

Additional reading / internet based / gaming activities are always advantageous but they **do not** replace the Rainbow Reader exercises. Any further questions please ask your Orthoptist.











