



JOHNNY CAN SEE

by Bentha Fong

Worksheet 2

Eye exercises 1

Alphabet eye tracking exercise

Materials required

- 1) coloured pencils
- 2) the alphabet eye work sheets
- 3) a stopwatch

Instructions

- 1) do eye tracking exercises

Challenge yourself in one minute to concentrate on hand and eye co-ordination by tracing the alphabets a, b, c to z in the shortest possible time.



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Alphabet Eye Tracking Exercise

d

b

z

h

a c

o

f

g

e

j

y

v

q

k

l

i m

z

n

p

r

s

t

u

x

w