

## SCREENING ACTIVITY INSTRUCTIONS

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### **VISUAL:**

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Eye tracking in the horizontal and vertical

*\*Both horizontal and vertical eye tracking are important in the skill of reading. Difficulty or skips in tracking can cause fluency, comprehension and other reading difficulties.*

Have the child sit tall in a chair. Hold the pencil, eye level, about 10-12 inches from the eyes (about the same distance someone would hold something out in front to read). State, “*Watch the pencil—just with your eyes—wherever it goes*”.

Start from midline and slowly move the pencil horizontally at eye level to your right to about once inch beyond the face. Then, move the pencil to your left, crossing midline, to about once inch beyond the face. Repeat the movement a few times back and forth.

*\*Do not* tell the person to stop moving his head if he does so while tracking the pencil. You may, however, repeat “*Follow it just with your eyes*” one more time.

Repeat again going vertically. Move the pencil up to about mid-forehead level and down to chin level.

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### **TACTILE:**

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Position Sense

*\*This activity gives the practitioner insight into how aware the client is of their body in space, proprioception. It also lets us see how the hemispheres of the brain are working together and how efficient the corpus callosum is working.*

Ask the child to hold both arms straight out in front. Hold one arm and state, “*I am in charge of this arm, and you are in charge of the other arm. I will move this arm, and you make the other look the same.*”

Take one arm and move it straight up above your child’s head. Then ask the client to make their other arm look the same. Then, move the arm back to the straight forward starting position and have them make the other arm look the same.

Next, have them do this with their eyes closed. Move their left arm up over their head and watch how they make the right arm look the same. Keep moving the left arm, *straight in front, out to the side, bend it into the chest, rotate the arm, etc.* Then, switch sides, you move the right arm, and they match with the left.

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**MOBILITY:**

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**Belly Crawl**

State, keep your belly button on the floor and move to the end of the floor/space/runway.

**Hands and Knees Creep**

You can move your arms and legs in any way you would like.

*\*Movement is like a window into the brain at differing levels of function. Through observation, an NR practitioner can tell if the foundational levels of the brain are complete or continue to need additional activity.*

Look for movement in arms and hands, legs and feet.

**NOTES/QUESTIONS:**