

Pre-Reading and Writing Exercises for Persons with Macular Scotoma

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Introduction

These activities have been designed to be used with persons who have macular scotomas to provide them with practice in making the precise eye movements needed to accurately identify letters and numbers and write legibly on line. The exercises are appropriate for persons with scotomas secondary to neurological impairment (hemianopsia) and retinal disease (macular degeneration, diabetic retinopathy, glaucoma). Two sets of reproducible worksheets are provided: pre-reading exercises and pre-writing exercises. It is suggested that this set of original worksheets be placed in a notebook to keep them in good condition.

The pre-reading drills consist of letter and number combinations printed in four different M unit sizes to accommodate acuities ranging from 20/70 to approximately 20/200. The exercises emphasize letters and numbers which are easily misread when not seen clearly such as, V and W and 6 and 8. They are intended to increase accuracy in identifying letters and numbers and to increase confidence in reading ability prior to attempting to read actual text.

The pre-writing worksheets consist of tracing exercises to promote reintegration of the eye directing the hand in movement. The person should be encouraged to trace slowly keeping his/her eye on the tip of the pen at all times. Once the shapes are traced, they can be colored in with a crayon or marker or cut out with scissors for additional practice in eye hand coordination.

Once the person can easily complete these exercises, begin working on the functional application of reading and writing. The person should practice reading labels, bills, newspaper articles, menus and other pertinent reading materials and practice writing out checks, addressing envelopes, writing letters, and making out shopping lists.

General Instructions

1. Make sure that the working area is evenly illuminated by a light source situated behind the person on the side of the dominant eye or best visual field.
2. The person should work on a firm surface with good seated posture to avoid fatigue and muscle strain.
3. Have the person use a felt tip pen in a contrasting color to complete the exercises; red is usually a good color.
4. Begin with a large, easily read M size print; progress to smaller print as the person improves.
5. Encourage the person to check his/her work for accuracy and to correct mistakes. Emphasize that accuracy is more important than speed.
6. If the exercises are difficult to complete; encourage the person to take frequent rest breaks to avoid eye strain and fatigue. Some of the symptoms of eye strain include complaints of teary, filmy or blurry vision, headache, dry eye, and watering and/or itching eyes after practicing the exercises.

Approximate M Unit/ Acuity Equivalences*

1.5 M	20/20-20/60 acuity
2 M	20/20-20/100 acuity
3M	20/20-20/140 acuity
4M	20/20-20/200 acuity
8M	20/20-20/400 acuity

* based on holding the reading material 16 inches (40cm) from the eye

Other Sources of Practice Materials

Letter/Sentence/Word/Number Tracking Workbooks

Contains reproducible worksheets for practice on visual scanning and tracking in print sizes up to 2M. Workbooks are found in the assessment and reading sections of the catalog.

Exceptional Teaching Aids
20102 Woodbine Ave.
Castro Valley, CA 94546
(800) 549-6999
fax: (510) 582-5911

LUV (learn to use your vision) Reading Series

Designed to provide readers with macular loss with a systematic way of developing print reading skills. Consists of exercises to develop eccentric viewing and reading skills.

Optelec US
3030 Enterprise Court
Vista, CA 92081
(800) 826- 4200
fax: (800) 368-4111

READ ALOUD EXERCISES

These exercises are designed to encourage the reader to make wider saccades. They should be done as warm up drills prior to beginning the other exercises. The letters should be read out loud with the therapist (or a family member) encouraging the person to read quickly and accurately. Timing the exercises is a good way to encourage speed.

Persons with large macular scotomas or hemianopsia should be encouraged to augment eye movement with head movement when reading, since it will probably not be possible to achieve accuracy using eye movement alone. The person should also be encouraged to hold the page in different positions (i.e. to the left, right, above, below midline) to determine the best position for eccentric viewing.

A
V
R
Q
W
N
C
S
M
J
H
Z
D
A
B
Z
Q
X
S
W
B

G
Y
K
X
B
P
Y
R
T
O
C
E
U
G
T
O
M
P
D
H
P

A
V
R
Q
W
N
C
S
M
J
H
Z
D
A
B
Z
Q

G
Y
K
X
B
P
Y
R
T
O
C
E
U
G
T
O
M

A

V

R

Q

W

N

C

S

M

J

H

Z

U

G

Y

K

X

B

P

Y

R

T

O

C

E

Y

A

V

R

Q

W

N

C

S

M

U

G

Y

K

X

B

P

Y

R

T

A

A

G

V

Y

R

K

Q

X

W

B

N

P

D

E

A

G^{8M}

V

Y

R

K

Q

X

W

B

C

S

Read the underlined letters out loud

1.5M

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

Read the underlined letters out loud

2M

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

12

Read the underlined letters out loud_{3M}

U S V F J H C X X W O M G

I O L K J G D W A Q C V M

H H N I M J U B V D X Z O

K G H U J O L P F E D Z A

G X W A D C T V G B H N J

N U N M H G Y B N V S R A

C K O O M N H Y V F T S V

S Y B N I O P L M N H E S

A Z W X C V B N M B J U Y

N A R D V B C N M K L P O

D U Y T E D C V C W D S G

S H N M B V R T H G F H J

P K L O I U Y T R V D R W

Read the underlined letters out loud_{4M}

Q V F J H C X X W L M G P Z

I O L K J G D W A Q C V M R

H H N I M J O B V D X Z T N I

K G H U J O L P A E D Z A C

G X W A D C T V G B H N J Q

N U N M H G Y B N V F R I Z W

C K P O M N H Y S F T R V S E

S Y B N I O P L M N H E S U F

A Z W X C V B N M B J U Y M

R W Y C Q O P D H J K S F W

PRE-READING EXERCISES

In these exercises the person is required to identify specific letters and numbers. Practicing these tasks encourages the person to develop the precise eye movements needed to achieve eccentric viewing in preparation for reading continuous text materials. The person should be encouraged to complete the exercises quickly but accurately. Timing the exercises will help to encourage speed and grading the exercises when they are completed (to provide the person with feedback on performance) will help to encourage accuracy. The person should be encouraged to position the worksheet in any manner that allows him/her to see the print clearly.

The worksheets can be completed with or without magnification. When working with persons with reduced acuity, for the first practice sessions, it is best to select an M size that can be read without use of any magnification (other than the person's reading glasses). This will enable the person to learn to make correct eye movements without the added difficulty of matching eye movement to the focal width of the magnifier. For persons who must use high power magnifiers (6-10x), magnification should be added incrementally beginning with low power magnifiers and larger print, gradually progressing to the strength of magnifier that the person will be using and smaller print .

Cross out the designated letter everytime it appears in the line

a bcdheaghfaeslgagachtarubaqofsavhgutabgutaqghtufhrabaiaweijk

b cdhbhuierboputybuiondblkiubyuinetughybgbpdbbngjvghbdghdfdbd

c ghtdcopoacehjuehjcdcjashuciopacfeuricvbgaqcichieucoqocoipicoa

d ghjendeuiwdilldkjdldkwerbduiodqwgghtuygdpbiojdkftudcnbdbmvnil

e ceoauchjebnhydecoiceeeasopevbggeghceoaiuecpiughtyecagturioekl

f yuijptfjklipfurtyfxvnbfttujiklpiterijweeurtifjlifpkcnvfghjghtfrgfjfhdknsf

g htygjkmpjehggygeopghgeicbopygiuitgbpjqqgquthjgpqghfgiwqcvml

h qwbhjkbkpvbsxefguhrthjkihqwsbhjhjlbnghunhnriihiglhnopqghfjkdh

i qwiojlibhingbfhiopwjjecntuijklilawjightjivhgltmniiggfkijpgphuikdferk

j turijklmngifhrgjttityruvbiwerjoilgyiijlikmgjightejkljilithguilbnfjizxcswj

k qwekigfznbtklopilklikhtgyrgkiiheutugyrkgubhnfkhlgkitufhtjgqweorik

l uimenlkiopjlftrlttryewlmngoplkjtlnvhlmbklglitltujtilgjthklijhnghiasdfwi

m uinbhmunmionuhgnfmuiwinzxcmlitibnvmczsmnnnmjrfhgytunmwqum

n qwuinopnumbhunhsdeiopunomtnoopiunhngjrnumngbjvnasdgfh

o oaeiquaqopghfnqopuoaoqhjpgiqoyiropoitfghtoaujhkopyutoaweoun

p ghfjtupkbnjlgnpioheidhpqwustpupopthfutqnjqppqghfjtupqrprpoierm

q poqaenvqpojkiphgquighteqbngqhpiquwrhfhgtpqfjghtugqpoqasdrehf

r utghrunvbriourkjcxiowndkruiuroprrnmbngjvrguthrhfyturnfhridurjbli

s rutswiosopbvmxsuighrsyrtusfghrysopgscvbfseyosxcixoxsopidhfksuri

t turhytjktlltiultituitllitleydhwutlllquitlmbnhjiltiotkjtktklitlmvnbrazsdfjh

u aopuyjcvyytufhevyvoluisxzvunqwunbmvnouasdnunghtyfuwuqweuirg

v rytuevuyvyvioeubhtuynbhvqzubyviopuyvhgyrutbngvhvfjwyvijkgfriwl

w utrheovwughvuthgnmsowwvuiobnvhgyvwwuiobmnnwvnbisdfgjem

x tughyxcbvghxerytuxcbvfgryxuiopvhgxwxcbgxocxtuixiotpyuxweoiutgi

y uityveubyrheughvnbhguvyvyrtldgyputyghryyuilopbmnnhyuixasdfxcvx

z tuyhguzcbvhgzeurhfyzdopbngjzjchdztyhrufzghzzxncbghzuwertizhn

Cross out the designated letter everytime it appears in the line

- a** bcdheaghfaeslgagachtarubaqofsavhgutabgutaqghai
- b** cdhbhuierboputybuiondblkiubyuinetughybgpdmobd
- c** ghtdcopoacehjuehjcdcjashuciopacfeuricvbgaqcoas
- d** ghjendeuiwdilldjkjdldkwerbduiodqwghtuygdpbiokdkn
- e** ceoauchjebnhydecoiceeasopevbgeghceoaiuecpiao
- f** yuijptfjklipfurtyfxvnbfttujiklpiterijweeurtifjlifpkcnvfjkmjnf
- g** htygjklmpjechgygeopghgeicbopygiuitgbpjqqgqutvmi
- h** qwbhjkbkpvbsxefguhrthjkihqwsbhjhjlbnghunhrifdhol
- i** qwiojlibhingbfhiopwjjecntuijklilawjightjivhgltnnikjgbvi
- j** turijklmngifhrgjttityruvbiwerjoilgyiijlikmgjightejklnkbjmn
- k** qwekigfznbtklopilklikhtgyrgkiiheutugyrkgubhnfkqwkp
- l** uimenlkiopjlftrtltryewlmngoplkjtlnvhlmbklglitltujtinlijxzk
- m** uinbhmunmionuhgnfmuiwinzxcmlitibnvmczsmnncxm
- n** qwuinopnumbhhunhsdeiopunomtnoopiunhngjrnuzmi
- o** oaeiquaqopghfnqopuoaqohjpgiqoyiropoitfghtoauqao
- p** ghfjtupkbnjlgnpioheidhpqwustpupopthfutqnjqpbspi
- q** poqaenvqpojkiphgquighteqbnghqpiquwrhfhgtpqfjswq
- r** utghrunvbriourkjcxiowndkruiuroprnmbngjvrguthrik
- s** rutswiosopbvmxsuighrsyrtusfghrysopgscvbfseyolss
- t** turhytjktlltiultituitllitleydhwutllquitlmbnhjiltiotkjtckuti

u aopuyjcvyytufhevyvoluisxzvunqwunbmvnouasdnuiyv
v rytuevuyvyvioeubhtuynbhvqzubyyviopuyvhgyrutivuwi
w utrheovwughvuthgnmsowwvuiviobnvhgyvwvuionwf
x tughyxcbvgxerytuxcbvfgryxuiopvhgxwxcbgxocxazvl
y uityveubyrheughvnbhguvyvyrtgdgyputyghryyuilopizlyvi
z tuyhguzcbvhgzeurhfyzdopbngjzxjchdztyhrufzghzwerns

**Cross out the designated letter
everytime it appears in the line**

a bcdheaghfaeslgagachtarubaqofsat

b cdhbhuierboputybuiondbikiubyuine

c ghtdcopoacehjuehjcdcjashuciopacf

d ghjendeuiwdilldjkjdklkwerbduiodqw

e ceoauchjebnhydecoiceeasopevbgn

f yuijptfjklipfurtyfxvnbfttujiklpiterijwe

g htygjkmpjechgjygeopghgeicbopygi

h qwbhjkbkpvbsxefguhrthjkihqwsbhjh

i qwiojlibhingbfhiopwjjecntuijklilawjk

j turijklmngifhrgjttityruvbiwerjoilgyiih

k qwekigfznbtklopilklikhtgyrgkiiheui

l uimenlkiopjlfrtltryewlmngoplkjtlnvhl

m uinbhmunmionuhgnfmuiwinzxcmliti

n qwuinopnumbhhunhsdeiopunomtno

o oaeiquaqopghfnqopuoaoqhjpgiqoyj

p ghfjtupkbnngjlgnpioheidhpqwustpup

q poqaenvqpojkiphgquighteqbnghqpi

r utghrunvbriourkjsxcriowndkruiuroprr

s rutswiosopbvmxsuighrsyrtusfghrys

t turhytjktlltiultituitllitleydhwutllquit

u aopuyjcvyytufhevyvoluisxzvunqwui

v rytuevuyvyvioeubhtuynbhvqzubyyv

w utrheovwughvuthgnmsowwvuiviol

x fkdhxhdbfnvhyxuriexgdvwkksxxwkl

y uityveubyrheughvnbhguvyvyrt dgyp

z zlgjsfdklgjszcvnzweruzfdazzajdklfz

Cross out the designated letter
everytime it appears in the line

a bcdheaghfaeslgagachtacas

b cdhbhuierboputybuionbibn

c ghtdcopoacehjuehjcdcjnhjk

d ghjendeuiwdilldjkdjdkwlfsd

e ceoauchjebnhydecoicefkesi

f yuijptfjklipfurtyfxvnbfttulfiel

g htygjkImpjechgjygeopghkgf

h qwbhjkbkpvbsxefguhrthiqu

i qwiojlibhingbfhiopwjjecnilji

j turijklmngifhrgjttityruvbijwji

k qwekigfznbtklopilklikhtlkil

l uimenlkiopjlfrtltryewlmniljin

m uinbhmunmionuhgnfminmo

n qwuinopnumbhhunhsdinqil

o oaeiquaqopghfnqopuoakli

p ghfjtupkbngjlgnpioheidhiph

q poqaenvqpojkiphgquigrqgn

r utghrunvbriourkjxcriownbri

s rutswiosopbvmxsuighrsjasl

t turhytjktlltiultituitllitleydtlikt

u aopuyjcvyytufhevyvoluisun

v rytuevuyvyvioeubhtuynbvw

w utrhewowwughvuthgnmswv

y uityveubyrheughvnbhguygj

x fhgkzxcdkekrkxjtuxxitugoxi

z xcnfbzertuzsdfzwnrbzebrhz

Cross out the designated letter everytime it appears in the line

A BNVJFACMDJEKSSLGHFNATHRUAJEAWGJKWOEURABAJFHRUAI
B RYEUGBNFJCMDJBLSOELBLKJBHJNTBHVNETYRUBJDGJBNVHG
C EYRHDCNFHVBYDCNVHCGWGSCEFDVXCYFCOQEUCJDFHOCQ
D ETRGFBDNCXHSBWYDGRFYDFGVBGHDSYFDFHDJPODPOUBNDI
E RTFGDEHFJDHEYSGDEJFHCNBEJSIDJEDKFFHGGBEOPREFEPO
F TURYFHDGRYPFJGKHUFFDBC GFHRITHGYFOLPIRFUEIIGJFHECN
G HFNRJFUIGHFGTUVHWISGFHTGDHCBEGFJDGCBEQGLGOECDQI
H JHUYHGJHFGTNFJDHTNFHNMBUVHTYFGRHCGJTHFUREHIESKHI
I QUWISJRKDSFIFJDIKJHTHDNEKIJHGHEHDHEILJIRHFULJJLIKEO
J WEJUNGHFJTHRYFHGJU IKLOKGFHJREUFHDEJKLJFHRJGKFJTUY
K GHFBKCMDNCKLMNBHGNJVMKWJEHDYRGFTKJLRKISDLKIRJT
L GHTFLVMCNGFHVBBKLILIBNFJVNFCLDNCJGCLMTRULIMBNNLEI
M BNVMFNCHDENMNCNDMXNGBCBEMXNVBNRWMTNWNBNVWMOI
N VBGNDHBCBVFBDBNNNCNDBXSXNWBKEKFHMHNNIWIERNEIW
O BVORKCNJDOWIRHXMSFCNXJSOWIRXOWLRFQOUQMCOCTHRI
P DGFVHOBPFJJCPEJFHTNCKDNPFCDJTNVBRPNPEPHBDNEWPR
Q QWSUDGHREFCNQQWGSNXNROOCJENXQOEOCOQEOLIUICIQGGJ
R RFHTGDHRGHJB NVMGVNRGCB DGR CNSJHWN RJNMBIBFEPRICMI
S WESC NVBSWORSLEJCNCNFHXSOEIRIDSSXSCZXSZRZXMGNSEN
T THRFHVTFJIVJFJTICNHICHTYFHRIDHTRTCKHLGTOFJEITILKRZI
U TUFHENCCHGUTUFIEOTYFGUTVBMVNGVUFTUNVHFYNUVWQUP
V AQJZBVNCBFRBQVBCBFBDFJGBVBBVVGJBNVWUVJIFDKVYWISU
W ASGHWSHEGDGREWWEDGRJDWXNMWMMENWVHTBNVBWWMFN

X XCBFCXIXKXJDYXXXHFJXHSEWNXOSOWPXWFDXIJPUTRIXZFJEZ

Y WYFHTFGVYFTGQYWGEDVGFHTYVGFTFGETYUVHRVYYNVRIVKEI

Z FHTGFYRGDZXBND BEGDVCFZKZJFHZNSGWGZSDRZRIEWOZICEL

Cross out the designated letter everytime it appears in the line

- A BNVJFACMDJEKSSLGHFNATHRUAJEAWGJKWOEURAB**
- B RYEUGBNFJCMDJBLSOELBLKJBHJNTBHVNETYRUBJD**
- C EYRHDCNFHVBGYDCNVHCGWGSCEFDVXCYFCOQEU**
- D ETRGFBDNCXHSBWYDGRFYDFGVBGHDSYDFDHDJPO**
- E RTFGDEHFJDHEYSGDEJFHCBNEJSIDJEDKFFHGGBEO**
- F TURYFHDGRYPFJGKHUFFDBCGRHRITHGYFOLPIRFUEII**
- G HFNRJFUIGHFGTUVHWISGFHTGDHCBEGFJDGCBEQGL**
- H JHUYHGJHFGTNFJDHTNFHNMBUVHTYFGRHCGJTHFURE**
- I QUWISJRKDSFIFJDIKJHTHDNEKIJHGHEHDHEILJIRHFUL**
- J WEJUNGHFJTHRYFHGJUIKLOKGFHJREUFHDEJKLJFHRJ**
- K GHFBEKCMDNCKLMNBHGNJVMKWJEHDYRGFTKJLRKI**
- L GHTFLVMCNGFHVBBKLILIBNFJVNFCCLDNCJGCLMTRULI**
- M BNVMFNCHDENMNCNDMXNGBCBEMXNVBNRWMTNWN**
- N VBGNDHBCBVFBDBNNNCNDBXSXNWBKEKFHMHNNI**
- O BVORKCNJDOWIRHXMSFCNXJSOWIRXOWLRFQOUQM**
- P DGFVHOBPFJJCPEJFHTNCKDNPFCPDJTNVBRPNPEPH**
- Q QWSUDGHREFCNQQWGSNXNROOCJENXQOEOCOQE**
- R RFHTGDHRGHJBNVMGVNRGCBGRCNSJHWNRJNMBI**
- S WESCNVBSWORSLEJCNCNFHXSOEIRIDSSXSXCZXS**
- T THRNHFVTFJIVJFJTICNHICHTYFHRIDHTRTCKHLGTOFJEI**

U TUFHENCCHGUTUFIEOTYFGUTVBMVNGVUFTUNVHFYNU
V AQJZBVNCBFRBQVBCBFBDFJGBVBBVVGJBNVWUVJI
W ASGHWSHEGDGREWWEDGRJDWXMWMWMENWVHT
X XCBFCXIXKXJDYXXXHFJXHSEWNXOSOWPXWFDXIJP
Y WYFHTFGVYFTGQYWGEDVGFHTYVGFTFGETYUVHRVY
Z FHTGFYRGDZXBNDBEGDVCFZKZJFHZNSGWGZSDRZ

**Cross out the designated letter
everytime it appears in the line**

A BNVJFACMDJEKSALGHFNATHAK

B YEUGBNFJCMDJBLSOELBLKJBP

C EQRHDCNOHVBGYDCNHCGWOL

D ETRGFBD CNXRSBEPDGRFYDPB

E RTFGDEHFJDHEYS GDEJFH CNBI

F TUR YFH DGRPFJEKHUFFDBCPJI

G HF CRJFUIGHFGTUVHWOSGFHG

H JHUYHGJHFGT NFDHTNFHNMH

I QUWISJRJDSFIFLDIKJHTHINEIL

J WEJUNGHFJTHRYFIGJUIKLOKY

K GHFB EKCMDNCKLMRBHGPJVLR

L GHTFLVMCNLFHVBBKLILIBNFKJ

M BNVMFNCHDENMNCNDMXNGBW

N VBGNDHBCBVFBBDBNNNCNDBO

O RKCNDJDOCIRHQMSFCNXJSOWQ

P DGFPHKBPFFJPCPEJFHTBCKDNP

Q QWSUDGHRFCNQQWGXQXQCI

R RFPTGDHRGHJBNVMGVVGPBRL

S WESCNVBSZORSLEJCNCNFHZSI

T THRNFBHVTFJIVJFJTICNHICTYZ

U TUFHENCCHGUTUFIEOTYFLUTV

V AQJVBVNCBFWBQVBCYFBDYJVI

W AWGHWVHEVVGREWIWEDURMN

X XCBFCXIXKXJDYXZXHFJXHSEKL

Y WYFHTFGVYFTGQYWGEDVGFYI

Z FHTGZYRGDZXBNZBEGDVCFZNI

**Cross out the designated letter
everytime it appears in the line**

A ASDKJFVNFHTBRAVMFA

B GHBPEDJFPBNDERBSKP

C FJCDKOGHCQFJCQPCDI

D DFJGUFPOCNDFEZSDHT

E EFJGHFGHPFEGHVBEDP

F FOGKJFEBHRUVHBFCSI

G GHFUROCGIDOQCGHFV

H GHJKNGHNMUHDSGHN

I JILITICNGBRIDKLEITFNI

J GHFJKLIUVNHJIWJULJY

K KRKDMPXRKZKXKTKXIO

L LMTNIJTKLMULZTHLNL

M NMRIOPMWHNYVMNTNI

N WENMOVNUMWVNYHNY

O QMCNCOEQOFJGQOCR

P POERBOREPVBSPQVB

Q CMQNOCFEQGSDOGJQ

R RPGNBDERSXZDSRBBR

S GJHZSKESENSZYIESKTI

T LKTIMNTPRETILLITKZTI

U UVNWOMUZYVUWIOCUI

W YUWNVMYUVRIWUVIRW

X BNXHJZRUEYZJFSJHWX

Y HYJUVNWyTYUSNVYUWI

Z HJGNZBEZNVXUAZSZINI

Find the following words in the letters below

you need like job cat pop eye knife yes go heart we
do ear dog can two rabbit snake not bee an luck art
ill take quiet after top call table at none rain sun box

ghfjtuthgyfhtghyoubngbvvhfbrgdcdbdgeccjobnhtyfhgurhfhedhlikeg
htnbhvfbrfpopgghtjfhbgkhtfvneedtoghtufhrdheceyeghkljftfnrhdhk
jiuhotufhgknifeghtjfhthyghcatghfrkdjguthfnvhftoanlkghtufjrfekdyes
gnvhfjroweifhrgobnghveidlpjghuyheartgjhbinfjvnfhgweggyuhiotgb
nghvnriopfhgdoghfjeoskearfghfnthdcbmneirufhgtowgjbnnhhfjvnfh
doghjbfnhvhdrwprotfcambjtiopietwoghtjfhbthvnrabbitghfnsnakegh
tyfhrnvhdjvnghtyguihjyuvnfjvndfdjcnoghtghfnbhfreyfgrtdbeefhggyfb
vrbdgcbdkslngkljaldfldkjfdillakjfklaajdfafterfkldjfkkladjquietlkdjfka
sdjftopadlfjlataoaudfoitakeerereartoprjekraecallwoeurowieunone
djflrainsunaldfjgjkdatakealkjfdkklasdjfkahgourowurowiutoutrtuorgh
luckdlkjfkkladjfkboxalkdjfkkladsartaldjfkkladjfkfjalkjfdlftableoiopily

head boy girl clock hat in book saw quack the new
may fox red zoo done oar peanut love bad cow at ill
pool out make read rock will art hand box cup fellow

fghtyfhrgfheadghtufhgjthvgjhnbfhgnboygjfhgfkldkfgirlgjhjghtu
fjrhfvhbndcjbvngjvnclockhjghtufhryfhrhatbngghvnhuinfhvghfjeqw
dscxvcvgjhitofkvmbookgjtyerwfsdqsawvncbxoptriohghvfhquack
ghfrhtufhegdbvbnbththedhfgcbwughvngghfvbdnewghtfmayghtgfb
newtidlcoatghfutfdgrfoxghtjfhredfhggnvjhfzooghtfhrdoneghvnhfer
oarghvnfhloveghvnfhcbghtuhjktvngghfbvhfpeanutghvnfhvbfhbbad
bngghvbfchdwptjatbmvnghivngghbbfcbfhwdfjghvfhcmvngghfurious
vrighfnvchdtlgkhjyuakhdfjkashoutlkdjfkkladjfmakelajdfkljasdartfja
ldkfjreadfjlajdfyroclfajdfkljasdfboxlfjadklfjadsklcupaljfellowlakjdf
klasjdfwillqoewiurioqweurhanduowqeurwouboxoqieurioquewri
oillajdgfhjdghfjdghfjdghfjdsfgyiuypoolqieyriuqwartuiqwttuyiuo

Find the following words in the letters below

you need like job cat pop eye knife yes go heart
we do ear dog can two rabbit snake not bee an pie
ill take quiet after top call table at none rain sun

ghfjtuthgyfhtgghyoubngbvfhbrgdcbdgeccjobnhtyfhgurhfhedh
likeghtnbhvfbrfpopgghtjfhbgkhtfvneedtoghtufhrdheceyeghklj
htfnrhdhkjiuhotufhgknifeghtjfhthyghcatghfrkdjguthfnvhftoank
ghtufjrfekdfjtyesgnvhfjroweifhrgobnghveidlpghuyheartgjhbi
nfjvnfhgwefgjyuhiotgbnghvnriopfhgcdoghfjeoskearfghfnthd
cbmneirufhgtowgjbnnhfjvnfhdoghjbfnfhvhdrwprotfcanbjtiopie
twoghtjfhbthvnrabbitghfnvjfsnakegthyfhrnvhdjvnghtyguihju
vnfjvndfdjcnoghtghfnbhfreyfgtrdbeefhggtymbvrbdgcbdkslngklja
ldjfldkjfdillakjfklaajdfafterfkldjfkkladjquietlkdjfkkladjftopadlfjlate
aoaudfoitakeerereartoprjekraecallwoeurowieunonedjflrain
sunaldjfgjkdatalealkjfdkkladjfkahgourowurowiutoutrgorg

head boy girl clock hat in book saw quack the new
may fox red zoo done oar peanut love bad cow at
out make read rock will art hand box cup fellow

fghtyfhrgfheadghtufhgjthvgjhnbfhgnboygjffghfkfldkfgirlgjhjg
htufjrhfvhbndcjbvngjvnclockhightufhryfhrhatbngghvnfhuinfhv
ghfjeqwdscxvcvgjhitofovmbbookgjtyerwfsqdqsawvncbxoptr
iohghvbfhquackghfrhtufhegdbvbnbthdhdhfgcbwughvnghfv
bdnewghtfmayghtgfbnfhtidlcogtghfutfhdgrfoxghtjfhredfhgn
vjhfzooghtfhrdoneghvnfheruoarghvnfhvloveghvnfhcbghtuh
vngghbfcbfbcowdfjghvfhcmvngghfuriethvrighfnvchdtlgkhjyu
akhdfjkashoutlkdjfkkladjfmakelajdfkljasdartfjaldkfjreadfjlajdfj
rocklfajdfkljasdfboxlfjadklfjadsklcupaljfellowlakjdfklasjdfwill
qoewiurioqweurhandoueruwqeurwouboxoqieurioquewrio

Find the following words in the letters below

**you need like job cat pop eye
knife yes go heart we do ear
dog can he toe hot at two me
done good rock rat top lake to
luck it hand be at come table**

**ghfjtuthgyfhtghyoubngbvvhfbrgdcdbdgeiccj
jobnhtyfhgurhfhedhlikeghtcatvfbrfpiopghj
fdbgkhtfvneedtoehtufhrdhecanghjfhtfnrh
dhkjiuhotufhgknifeghtjfhtyghcatghpopdjg
utheyehftwohtufjrfekdfjyeslgnvhfjroweifh
rgobnghveidlpgjhuheartgjhbfnfjvnfhgwefg
jyuhiotgbngoodriopfhgcdonefjeoskearfgh
fnthdcbmneirufhgtowgjbnnhhfjvnfhdoghjb
nfhvhdrwprotfcagjfhdrockjghtnfhtnrheton
gbfhdjeksratighfjdnfbgnmeruiewielakek
gjfdmrtieoouiyyjthrnfbghrrtophjkbmngfjre
fcdjruvckgjfrueiatghfjdnrhtfhluckfhdjwen
bekdlcomeghfjdhdtableghfjdnitfjdkandjfk
dwsjdkghjdoewpirueihandgkdlaneotdksaj**

Find the following words in the letters below

head boy girl clock hat in pie
 saw quack the new may fox red
 zoo done box hoe hut of make
 top rain ill call none sun read
 oat water quiet can upon after

fghtyfhrgfheadghtufhgjthvgjhoefhboy
 gjfjghfkfldkfkgirlgjhgghtufjrhuthbndjbn
 vgjvnclockhgghtufhryfhrhatbnghvnfhui
 inhvghfjeqwdscxvcvgjhitofkvmbboxkgjt
 yerwfscdqsawvncbxopriotopvbfhghju
 quackghfrhtufhegdbvbnbthdhfgcbw
 ughvnghfvbdnewghtfmayghtgfbnfhtil
 cogtghfutfhdgrfoxghtjfhredfhgnvhfzoo
 ghtfhrdonefhgjdwidjvljkpqituumwklgei
 ljqoeuwroreaddjfalkjdfafterouoirtnbfdk
 lkdfakdhgrainmgfndfhdillpoio pieoprio
 calldlsjfdlkjriowinonedjflskjdfsunksjdf
 adkjfmakeladsjflkdoatkjdfalkjwaterlkd
 aljdfcanlajdfklajdfquietfljakdfkljupond

Find the following words in the letters below

you need like job cat go
 pop eye knife yes heart
 we do ear dog can good
 toe hot at two done to

ghfjtuthgyfhtghyoubngbvfhbrgd
 datgeccjobnhtyfhgurhfhedhlikei
 ghtnbhvfbrfpopghtjfhbgkhtneed
 toehtufhrdhecanghjfihtfnrhokji
 uhotufhgknifeghtjfhthyghcatghfr
 kdjguthfnvhftwohtufjrfekdfjtyesl
 gnvhfjroweifhrgobnghveidlpjjh
 uyheartgjhbfnfvnfhwefgjyuhilo
 tgbngoodriopfhgcdonefjeoska
 earfghfnthidcbmneirufhgtowgjb
 hhfjvnflhdoghjbnfhvhdrwprotfc

Find the following words in the letters below

**head boy girl clock hat in
book saw quack the new
may fox red done zoo box
hoe hut of top hit**

**fghtyfhrgfheadghtufhgjthvgjhoe
fhgnboygjfhghfkfldkfgirlgjlhinht
ufjrhuthbndjbnvgjvclockhjghtuf
hryfhrhatbnghvnfhuijnfhvghfjeq
wdscxvcvgjhitofkvmbboxkgjtyerk
wfscdqasawvncbxopriotopvbfhq
quackghfrhtufhjegdvvbnbhtedf
gcbookhvngfvdnewghtfhmay
ghtgfbnflhtidlcogtghfutfdgrfox
ghtjfhriedfhgnvhfzooghtfhrdone
fhgjdrrredjvljkpqituwmwklghoefs**

Cross out the number 88 everytime you see it 1.5M

8 1 2 8 8 2 3 1 2 2 4 5 6 8 8 7 5 6 8 8 4 5 3 2 6 7 8 8 6 7 7 4 5 6 6
5 8 8 3 4 5 2 8 8 3 4 5 8 8 2 1 9 9 4 5 2 3 8 8 5 6 7 6 5 9 9 7 6 5 4
8 9 8 8 3 4 5 8 8 2 3 4 5 2 7 7 9 9 8 7 8 8 5 6 8 8 3 4 5 7 6 8 8 5 4
8 8 6 5 3 4 2 3 7 8 8 6 9 0 3 4 8 8 4 5 2 3 4 5 6 7 8 8 4 6 6 5 4 6 9
3 2 8 8 9 3 4 2 8 8 4 5 7 2 3 5 5 7 8 8 0 0 3 8 3 9 2 8 8 4 3 2 2 1 5
4 8 8 7 3 6 6 7 4 3 2 5 5 3 4 7 8 8 9 2 3 4 2 2 4 5 6 4 3 6 7 8 8 5 4
1 1 2 3 4 5 8 8 5 4 4 4 5 6 7 7 8 8 9 0 0 6 5 6 7 7 8 8 3 4 5 3 3 2 5
4 5 8 8 5 4 4 4 3 3 2 2 5 8 8 7 2 3 4 5 5 9 8 8 6 7 9 8 8 4 5 6 2 2 1
3 4 5 6 5 5 4 8 8 5 4 6 5 6 7 8 8 2 4 5 2 2 4 4 9 9 8 8 7 7 8 8 6 4 3
6 6 4 6 3 7 8 8 5 3 3 3 6 8 8 5 5 4 4 1 1 6 6 9 5 5 3 3 8 8 4 2 3 4 4
5 5 8 8 2 5 7 3 1 1 1 4 4 6 6 8 4 3 5 5 6 6 7 7 3 6 8 8 7 6 5 4 3 2 2
8 8 4 4 5 6 6 7 8 8 7 7 9 8 8 0 0 1 1 1 2 3 8 8 4 3 3 5 6 3 5 4 8 8 2
3 3 8 8 5 4 6 3 7 5 5 7 8 8 0 1 1 8 7 6 5 8 8 1 1 4 5 3 9 8 8 5 4 7 3
4 4 5 8 8 5 5 7 9 9 7 0 9 6 4 5 6 6 8 0 8 8 1 2 2 3 4 4 5 8 8 9 0 1 1
5 5 8 8 5 5 5 4 3 2 2 1 2 4 8 8 9 9 0 0 7 6 5 5 6 7 8 8 4 8 4 4 3 8 3
2 3 4 2 2 1 3 2 5 7 6 8 8 4 4 5 7 3 4 3 2 1 3 5 6 7 7 8 8 0 6 3 2 3 2
3 3 4 4 2 2 5 7 7 8 8 9 0 7 6 5 5 4 4 3 7 7 5 4 8 8 2 2 1 2 8 8 4 5 6
8 8 4 4 4 5 5 8 8 7 4 2 2 5 8 8 7 6 8 8 5 3 3 3 3 7 8 8 6 4 2 4 5 6 6
6 6 4 6 3 7 8 8 5 3 8 8 6 7 7 5 5 4 4 1 1 8 8 9 5 5 3 3 7 1 4 8 8 4 4
5 5 8 8 2 5 7 3 1 1 1 4 4 6 8 8 4 3 5 5 6 6 7 7 3 8 8 5 7 6 5 4 3 8 8
2 3 8 8 5 6 6 7 5 8 8 7 9 8 8 0 0 1 1 1 2 3 4 8 8 3 3 5 6 8 8 4 3 2 2
3 3 4 4 2 2 5 7 7 8 8 9 0 7 6 5 5 4 4 3 7 7 5 4 8 8 2 2 1 2 8 8 4 5 6
3 4 5 6 5 5 4 8 8 5 4 6 5 6 7 8 8 2 4 5 2 2 4 4 9 9 8 8 7 7 8 8 6 4 3

Cross out the number 88 everytime you see it 2M

4 4 5 6 7 8 8 9 2 3 4 4 5 6 8 8 1 1 2 2 3 0 0 8 7 6 8 6 8 8 7 9 9 4 5 4
4 3 3 6 6 8 8 6 7 5 4 4 4 2 3 8 8 1 2 3 4 9 0 0 8 6 6 5 5 8 2 4 5 5 6 7
8 8 2 3 4 8 8 1 2 8 9 7 7 4 5 8 8 4 5 3 6 7 7 9 8 8 3 4 6 8 8 5 6 3 4 2
3 8 9 7 8 8 3 4 5 8 8 1 2 6 7 2 3 1 2 2 4 5 6 8 8 7 5 6 8 8 4 5 3 2 6 7
8 5 6 4 5 8 8 3 4 5 2 8 8 3 4 5 8 8 2 1 9 9 4 5 2 3 8 8 5 6 7 6 5 8 8 9
8 6 3 4 5 8 8 2 3 4 5 2 7 7 9 9 8 7 8 9 5 6 8 8 3 4 5 2 8 8 6 5 3 4 2 3
7 8 8 6 9 0 3 4 8 8 4 5 2 3 4 5 6 7 8 8 4 5 3 2 8 8 9 3 4 2 8 8 4 5 7 2
3 3 8 8 4 5 3 3 6 5 3 3 4 2 6 6 7 8 8 3 8 8 5 8 8 6 6 2 3 4 3 3 8 8 5 6
4 3 0 0 8 8 7 6 4 5 6 7 8 9 7 6 8 8 4 5 7 8 2 3 3 8 8 5 4 3 8 8 3 2 4 5
1 6 5 7 7 4 5 2 6 7 8 8 5 2 2 2 3 9 6 0 5 8 8 4 5 1 2 3 7 8 6 4 8 8 5 6
3 4 7 5 5 6 7 7 8 9 7 8 8 5 3 2 3 6 5 7 8 8 9 4 5 6 3 3 2 2 4 5 8 8 9 8
6 5 6 8 8 7 6 9 9 3 4 8 2 3 2 2 4 5 8 8 7 6 3 4 8 7 6 4 5 9 8 8 6 3 4 5
6 2 3 4 8 8 1 2 1 2 3 8 5 6 8 8 5 6 3 4 8 9 2 3 7 8 8 5 4 3 3 6 7 8 6 5
4 8 8 1 2 4 5 8 7 6 5 8 8 4 3 5 6 2 8 7 9 9 4 5 8 8 6 4 5 6 7 8 8 9 0 6
7 4 5 8 8 4 3 2 1 6 7 7 8 9 6 6 5 4 8 8 6 5 2 8 7 8 8 4 5 6 3 2 8 8 1 2
8 8 3 4 0 9 1 2 3 5 8 7 6 8 8 4 5 6 8 8 3 4 2 5 8 7 7 3 4 5 2 5 4 2 5 7
1 2 3 6 7 8 8 3 4 7 8 8 7 9 8 8 9 9 3 4 5 3 3 8 8 2 3 4 5 8 8 1 2 3 8 9
6 2 3 4 8 8 1 2 1 2 3 8 5 6 8 8 5 6 3 4 8 9 2 3 7 8 8 5 4 3 3 6 7 8 6 5
4 8 8 1 2 4 5 8 7 6 5 8 8 4 3 5 6 2 8 7 9 9 4 5 8 8 6 4 5 6 7 8 8 9 0 6
7 4 5 8 8 4 3 2 1 6 7 7 8 9 6 6 5 4 8 8 6 5 2 8 7 8 8 4 5 6 3 2 8 8 1 2
8 5 6 4 5 8 8 3 4 5 2 8 8 3 4 5 8 8 2 1 9 9 4 5 2 3 8 8 5 6 7 6 5 8 8 9

Cross out the number 88 everytime you see it 3M

4 4 5 6 7 8 8 9 2 3 4 4 5 6 8 8 1 1 2 2 3

8 6 8 8 7 9 9 4 5 4 4 3 3 6 6 8 8 6 7 5 4

8 1 2 3 4 9 0 0 8 6 6 5 5 8 2 4 5 5 6 6 7

8 8 1 2 8 9 7 7 4 5 8 8 4 5 3 6 7 7 9 8 8

5 6 3 4 2 3 8 9 7 8 8 3 4 5 8 8 1 2 6 7 2

5 6 8 8 7 5 6 8 8 4 5 3 2 6 7 8 5 6 4 5 8

8 8 3 4 5 8 8 2 1 9 9 4 5 2 3 8 8 5 6 7 6

6 3 4 5 8 8 2 3 4 5 2 7 7 9 9 8 7 8 9 5 6

2 8 8 6 5 3 4 2 3 7 8 8 6 9 0 3 4 8 8 4 5

7 8 8 4 5 3 2 8 8 9 3 4 2 8 8 4 5 7 2 3 3

3 6 5 3 3 4 2 6 6 7 8 8 3 8 8 5 8 8 6 6 2

6 3 4 5 8 8 2 3 4 5 2 7 7 9 9 8 7 8 9 5 6

2 8 8 6 5 3 4 2 3 7 8 8 6 9 0 3 4 8 8 4 5

8 8 3 4 5 8 8 2 1 9 9 4 5 2 3 8 8 5 6 7 6

Cross out the number 88 4M

4 4 5 6 7 8 8 9 2 3 4 4 5 6 8 8 1

1 2 2 3 0 0 8 7 6 8 6 8 8 7 9 9 4

5 4 4 3 3 6 6 8 8 6 7 5 4 4 4 2 3

8 8 1 2 3 4 9 0 0 8 6 6 5 5 8 2 4

5 5 6 6 7 8 8 2 3 4 8 8 1 2 8 9 7

7 4 5 8 8 4 5 3 6 7 7 9 8 8 3 4 6

8 8 9 5 6 3 4 2 3 8 9 7 8 8 3 4 5

5 4 4 3 3 6 6 8 8 6 7 5 4 4 4 2 3

8 8 1 2 3 4 9 0 0 8 6 6 5 5 8 2 4

5 5 6 6 7 8 8 2 3 4 8 8 1 2 8 9 7

7 4 5 8 8 4 5 3 6 7 7 9 8 8 3 4 6

Cross out all of the double numbers 1.5M

8 1 2 6 7 2 3 1 2 2 4 5 6 8 8 7 5 6 8 8 4 5 3 2 6 7 8 5 6 7 7 4 5 6 6
5 8 8 3 4 5 2 8 8 3 4 5 8 8 2 1 9 9 4 5 2 3 8 8 5 6 7 6 5 9 9 7 6 5 4
8 9 8 6 3 4 5 8 8 2 3 4 5 2 7 7 9 9 8 7 8 9 5 6 8 8 3 4 5 7 6 8 5 5 4
8 8 6 5 3 4 2 3 7 8 8 6 9 0 3 4 8 8 4 5 2 3 4 5 6 7 8 8 4 6 6 5 4 6 9
3 2 8 8 9 3 4 2 8 8 4 5 7 2 3 5 5 7 8 9 0 0 3 8 3 9 2 3 3 4 3 2 2 1 5
4 8 5 7 3 6 6 7 4 3 2 5 5 3 4 7 8 9 9 2 3 4 2 2 4 5 6 4 3 6 7 8 8 5 4
1 1 2 3 4 5 6 6 5 4 4 4 5 6 7 7 8 8 9 0 0 6 5 6 7 7 4 5 3 4 5 3 3 2 5
4 5 6 6 5 4 4 4 3 3 2 2 5 6 4 7 2 3 4 5 5 9 8 7 6 7 8 8 8 4 5 6 2 2 1
3 4 5 6 5 5 4 6 6 5 4 6 5 6 7 8 4 2 4 5 2 2 4 4 9 9 8 8 7 7 8 6 6 4 3
6 6 4 6 3 7 8 8 5 3 3 3 6 7 7 5 5 4 4 1 1 6 6 9 5 5 3 3 7 1 4 2 3 4 4
5 5 3 3 2 5 7 3 1 1 1 4 4 6 6 8 4 3 5 5 6 6 7 7 3 6 8 5 7 6 5 4 3 2 2
2 3 4 4 5 6 6 7 5 8 7 7 9 8 9 0 0 1 1 1 2 3 4 4 4 3 3 5 6 3 5 4 3 2 2
3 3 4 4 5 4 6 3 7 5 5 7 8 9 0 1 1 8 7 6 5 4 4 1 1 4 5 3 9 6 8 5 4 7 3
4 4 5 3 7 5 5 7 9 9 7 0 9 6 4 5 6 6 8 0 8 0 1 2 2 3 4 4 5 7 8 9 0 1 1
5 5 6 4 5 5 5 4 3 2 2 1 2 4 9 8 9 9 0 0 7 6 5 5 6 7 5 8 4 8 4 4 3 8 3
2 3 4 2 2 1 3 2 5 7 6 8 5 4 4 5 7 3 4 3 2 1 3 5 6 7 7 8 0 0 6 3 2 3 2
3 3 4 4 2 2 5 7 7 8 9 9 0 7 6 5 5 4 4 3 7 7 5 4 3 3 2 2 1 2 3 3 4 5 6
3 3 4 4 4 5 5 6 6 7 4 2 2 5 8 0 7 6 8 6 5 3 3 3 3 7 8 0 6 4 2 4 5 6 6
6 6 4 6 3 7 8 8 5 3 3 3 6 7 7 5 5 4 4 1 1 6 6 9 5 5 3 3 7 1 4 2 3 4 4
5 5 3 3 2 5 7 3 1 1 1 4 4 6 6 8 4 3 5 5 6 6 7 7 3 6 8 5 7 6 5 4 3 2 2
2 3 4 4 5 6 6 7 5 8 7 7 9 8 9 0 0 1 1 1 2 3 4 4 4 3 3 5 6 3 5 4 3 2 2
8 8 6 5 3 4 2 3 7 8 8 6 9 0 3 4 8 8 4 5 2 3 4 5 6 7 8 8 4 6 6 5 4 6 9
3 2 8 8 9 3 4 2 8 8 4 5 7 2 3 5 5 7 8 9 0 0 3 8 3 9 2 3 3 4 3 2 2 8 5

Cross out all of the double numbers 2M

8 1 2 6 7 2 3 1 2 2 4 5 6 8 8 7 5 6 8 8 4 5 3 2 6 7 8 5 6 5 8 8 3 4 5 2
8 8 3 4 5 8 8 2 1 9 9 4 5 2 3 8 8 5 6 7 6 5 8 9 8 6 3 4 5 8 8 2 3 4 5 2
7 7 9 9 8 7 8 9 5 6 8 8 3 4 5 8 8 6 5 3 4 2 3 7 8 8 6 9 0 3 4 8 8 4 5 2
3 4 5 6 7 8 8 4 3 2 8 8 9 3 4 2 8 8 4 5 7 2 3 5 5 7 8 9 0 0 3 8 3 9 2 3
3 4 8 5 7 3 6 6 7 4 3 2 5 5 3 4 7 8 9 9 2 3 4 2 2 4 5 6 4 3 1 1 2 3 4 5
6 6 5 4 4 4 5 6 7 7 8 8 9 0 0 6 5 6 7 7 4 5 3 4 5 6 6 5 4 4 4 3 3 2 2 5
6 4 7 2 3 4 5 5 9 8 7 6 7 8 8 8 3 4 5 6 5 5 4 6 6 5 4 6 5 6 7 8 4 2 4 5
2 2 4 4 9 9 8 8 7 6 6 4 6 3 7 8 8 5 3 3 3 6 7 7 5 5 4 4 1 1 6 6 9 5 5 3
3 7 5 5 3 3 2 5 7 3 1 1 1 4 4 6 6 8 4 3 5 5 6 6 7 7 3 6 8 5 7 1 1 4 5 6
8 1 2 6 7 2 3 1 2 2 4 5 6 8 8 7 5 6 8 8 4 5 3 2 6 7 8 5 6 5 8 8 3 4 5 2
8 8 3 4 5 8 8 2 1 9 9 4 5 2 3 8 8 5 6 7 6 5 8 9 8 6 3 4 5 8 8 2 3 4 5 2
7 7 9 9 8 7 8 9 5 6 8 8 3 4 5 8 8 6 5 3 4 2 3 7 8 8 6 9 0 3 4 8 8 4 5 2
3 4 5 6 7 8 8 4 3 2 8 8 9 3 4 2 8 8 4 5 7 2 3 5 5 7 8 9 0 0 3 8 3 9 2 3
3 4 8 5 7 3 6 6 7 4 3 2 5 5 3 4 7 8 9 9 2 3 4 2 2 4 5 6 4 3 1 1 2 3 4 5
8 1 2 6 7 2 3 1 2 2 4 5 6 8 8 7 5 6 8 8 4 5 3 2 6 7 8 5 6 5 8 8 3 4 5 2
8 8 3 4 5 8 8 2 1 9 9 4 5 2 3 8 8 5 6 7 6 5 8 9 8 6 3 4 5 8 8 2 3 4 5 2
7 7 9 9 8 7 8 9 5 6 8 8 3 4 5 8 8 6 5 3 4 2 3 7 8 8 6 9 0 3 4 8 8 4 5 2
3 4 5 6 7 8 8 4 3 2 8 8 9 3 4 2 8 8 4 5 7 2 3 5 5 7 8 9 0 0 3 8 3 9 2 3
3 4 8 5 7 3 6 6 7 4 3 2 5 5 3 4 7 8 9 9 2 3 4 2 2 4 5 6 4 3 1 1 2 3 4 5
8 8 3 4 5 8 8 2 1 9 9 4 5 2 3 8 8 5 6 7 6 5 8 9 8 6 3 4 5 8 8 2 3 4 5 2
7 7 9 9 8 7 8 9 5 6 8 8 3 4 5 8 8 6 5 3 4 2 3 7 8 8 6 9 0 3 4 8 8 4 5 2

Cross out all of the double numbers ^{3M}

4 4 5 6 7 8 8 9 2 3 4 4 5 6 8 8 1 1 2 2 3

8 6 8 7 7 9 9 4 5 4 4 3 3 6 6 8 8 6 7 5 4

8 1 2 4 4 9 0 0 8 6 6 5 5 8 2 4 5 5 6 6 7

8 8 1 2 9 9 7 7 4 5 8 8 4 5 3 6 7 7 9 8 8

5 6 3 4 4 3 8 9 7 8 8 3 4 5 8 8 1 2 6 7 7

5 6 8 8 7 5 5 8 4 4 5 3 2 6 7 8 6 6 4 5 5

8 8 3 3 5 8 8 2 1 9 9 4 5 2 2 8 6 5 6 7 6

6 3 4 4 8 8 2 3 4 5 2 7 7 9 9 8 7 8 9 5 6

2 8 6 6 5 3 4 2 3 7 8 8 6 9 3 3 4 8 4 4 5

7 8 4 4 5 3 2 8 9 9 3 4 2 8 8 4 7 7 2 3 3

3 6 5 3 3 4 2 6 6 7 8 8 3 8 5 5 8 8 6 6 2

6 3 4 5 8 2 2 3 4 5 2 7 7 9 9 8 7 8 9 5 6

7 8 4 4 5 3 2 8 9 9 3 4 2 8 8 4 7 7 2 3 3

2 8 6 6 5 3 4 2 3 7 8 8 6 9 3 3 4 8 4 4 5

Cross out all of the double numbers ^{4M}

8 1 1 6 7 2 3 1 2 2 4 4 6 8 8 7 5

6 8 8 4 5 2 2 6 7 8 5 6 4 5 9 9 3

4 5 2 2 8 3 4 5 8 8 2 1 9 9 4 5 2

3 8 8 5 6 7 6 5 8 8 9 8 6 3 3 5 8

8 2 3 4 4 2 7 7 9 9 8 7 8 9 5 6 8

8 3 4 5 2 8 8 6 5 5 4 2 3 7 8 8 6

9 0 3 3 8 8 4 5 2 3 4 4 6 7 7 8 4

3 8 8 5 6 6 6 5 8 8 9 8 6 3 3 5 8

8 2 3 4 4 2 7 7 9 9 8 7 8 9 5 6 8

8 3 4 5 2 8 8 6 5 5 4 2 3 7 8 8 6

9 0 3 3 8 8 4 5 2 3 4 4 6 7 7 8 4

Copy the numbers on the left side of the page onto the blanks on the right side of the page 1.5M

356 - 7876

288 - 9876

515 - 6687

338 - 9769

486 - 6384

884 - 2633

533 - 8768

495 - 5843

623 - 7391

798 - 6643

896 - 8839

567 - 2121

636 - 7743

722 - 1121

993 - 4554

787 - 3321

Copy the numbers on the left side of the page onto the blanks on the right side of the page ^{2M}

356 - 7876

288 - 9876

515 - 6687

338 - 9769

486 - 6384

884 - 2633

533 - 8768

495 - 5843

623 - 7391

798 - 6643

896 - 8839

567 - 2121

636 - 7743

788 - 5690

Copy the numbers on the left side of the page onto the blanks on the right side of the page ^{3M}

356 - 7876

288 - 9876

515 - 6687

338 - 9769

486 - 6384

884 - 2633

533 - 8768

495 - 5843

623 - 7391

798 - 6643

896 - 8839

456 - 9342

788 - 5647

Copy the numbers on the left side of the page onto the blanks on the right side of the page ^{4M}

356 - 7876

288 - 9876

515 - 6687

338 - 9769

486 - 6384

884 - 2633

533 - 8768

211 - 7743

Cross out the number in each row which repeats itself 4 times 1.5M

1 2 3 4 5 6 5 7 8 9 4 6 3 4 9 8 7 5 6 3 2 8 5 1 3 5 2

1 3 4 7 8 9 8 3 8 9 6 5 6 5 8 9 0 1 8 4 6 7 8 1 6 7 3

1 7 8 6 7 5 4 9 8 8 3 2 1 2 3 5 6 3 7 8 4 5 1 2 3 9 6

0 9 6 7 5 7 4 3 2 3 4 5 6 7 4 7 8 3 3 2 1 2 4 3 5 8 7

3 3 5 6 8 5 4 6 2 3 1 1 9 8 9 1 3 8 5 5 4 5 3 1 3 4 7

2 4 8 1 2 6 7 6 8 9 5 0 8 9 4 5 2 3 9 8 7 8 6 5 6 7 8

5 3 4 1 2 1 6 7 8 5 4 5 8 9 2 7 0 9 8 4 3 2 3 1 0 9 4

8 5 6 7 8 7 9 9 4 3 5 6 2 3 1 2 3 3 7 7 8 9 0 1 2 3 5

6 7 5 0 8 3 4 5 2 6 3 9 1 0 1 2 3 9 7 5 4 3 6 7 8 6 8

2 3 4 6 5 3 3 4 7 8 8 9 5 6 2 1 2 3 3 9 9 6 7 5 7 3 2

7 6 3 4 4 2 1 4 5 1 2 3 3 6 7 8 3 8 9 1 0 3 3 3 2 4 5

8 4 3 3 6 7 4 3 2 1 4 8 9 7 6 7 4 3 7 0 5 2 3 3 3 6 4

1 0 5 6 7 8 7 2 7 5 5 3 4 1 0 2 3 1 3 4 6 5 8 8 3 4 3

4 5 8 9 2 1 4 7 3 5 8 8 0 1 8 9 3 8 4 2 1 0 0 3 4 9 7

0 3 2 1 4 7 7 2 4 8 0 3 3 2 7 5 4 2 7 5 3 7 0 3 1 0 2

answers: 3,6,8,4,1,6,4,7,3,2,4,7,5,4,0

Cross out the number in each row which repeats itself 4 times

2M

1 2 3 4 5 6 5 7 8 9 4 6 3 4 9 8 7 5 6 3 2 8 5 1 3 5 2

1 3 4 7 8 9 8 3 8 9 6 5 6 5 8 9 0 1 8 4 6 7 8 1 6 7 3

5 7 1 6 7 5 4 9 8 8 3 2 1 2 3 7 6 3 7 8 4 5 1 2 7 9 6

0 9 6 7 5 7 4 1 2 3 4 5 6 7 4 7 8 3 3 2 1 2 4 6 5 8 7

3 3 5 6 8 5 4 6 2 3 1 1 9 8 9 1 3 8 5 5 4 5 3 1 3 4 7

7 4 8 1 2 6 7 8 8 9 5 0 8 9 4 5 2 3 9 8 7 8 6 5 6 7 8

5 3 0 1 2 1 6 7 8 5 4 5 8 9 2 1 0 9 8 4 3 2 3 7 8 9 4

8 5 6 7 8 7 9 9 4 3 5 6 2 3 1 2 3 3 9 7 8 9 0 1 2 3 5

6 7 5 6 8 3 4 5 2 6 3 9 1 0 1 2 3 9 7 5 4 0 6 7 8 0 8

2 3 5 6 5 1 3 4 7 8 8 9 5 6 2 1 2 3 3 9 5 6 7 5 7 3 2

7 6 3 4 4 2 1 4 5 1 2 3 3 6 7 8 3 8 9 1 0 3 3 3 2 4 5

4 5 8 9 2 1 4 7 3 5 8 8 0 1 8 9 3 8 4 2 1 0 0 3 4 9 7

0 3 2 1 4 7 7 2 4 8 0 3 3 2 7 5 4 9 7 5 3 7 0 3 1 0 9

answers: 3, 6, 5, 4, 1, 7, 8, 9, 6, 2, 4, 4, 0

Cross out the number in each row which repeats itself 4 times ^{3M}

4 2 3 4 5 6 5 7 8 9 4 6 3 4 9 8

1 3 4 7 8 9 8 3 8 9 6 5 6 5 8 9

5 7 3 6 7 3 4 9 8 8 3 2 1 2 3 5

0 9 6 7 5 7 4 3 2 3 4 5 6 7 4 7

3 3 5 6 8 5 4 6 2 3 5 1 9 8 9 5

2 4 8 1 2 6 7 8 8 9 5 0 8 9 4 5

5 3 4 1 2 1 6 7 8 5 1 5 8 9 2 1

9 5 6 7 8 7 9 9 4 3 5 6 2 9 1 2

6 2 5 6 8 3 4 5 2 6 3 9 2 0 1 2

2 3 5 6 5 3 3 4 7 8 8 9 5 3 2 1

7 6 3 4 4 2 1 4 5 1 2 3 3 4 7 8

0 3 2 1 4 0 7 2 4 8 0 3 0 2 7 5

answers: 4,8,3,7,5,8,1,9,2,3,4,0

Cross out the number in each row which repeats itself 3 times ^{4M}

1 2 3 4 5 6 5 7 8 9 4 6 5

1 3 4 7 8 9 8 3 8 9 6 5 6

5 7 8 6 7 5 4 9 8 8 3 2 1

0 9 3 7 5 7 4 3 2 3 4 5 6

3 3 5 6 8 5 4 6 2 3 1 1 9

2 4 8 1 2 6 7 4 8 9 5 4 1

5 3 4 1 2 1 6 7 8 5 4 5 8

8 5 6 7 8 7 6 9 4 3 5 6 2

9 1 2 4 3 4 9 1 0 9 4 2 9

answers: 5,8,8,3,3,4,5,6,9

Cross out the numbers 1-20 in order

2 5 6 7 1 3 4 5 2 4 3 5 6 7 12 13 4 5 12 10 7 5 3
 6 1 13 5 7 9 4 15 9 17 8 5 4 20 6 7 10 9 15 4 5 10 2
 3 4 6 7 6 11 2 3 6 8 9 12 3 4 5 6 7 3 13 2 3 4 5 6 9
 14 5 6 5 2 18 16 3 4 15 2 6 7 16 6 8 9 2 3 4 5 2 17
 18 5 7 2 3 2 5 8 9 8 2 3 20 19 2 4 5 7 8 2 9 3 2 20

Cross out the numbers 20-35 in order

23 34 56 12 20 23 33 22 56 21 45 34 19 67 34 56 67
 22 56 45 35 45 20 21 23 76 45 24 34 57 89 23 56 34
 24 22 25 32 21 26 34 24 18 15 23 26 27 56 34 27 45
 35 34 28 13 26 27 29 56 34 23 67 27 89 67 30 31 30
 29 56 31 45 55 33 45 32 48 33 23 34 32 31 35 90 34

Cross out the numbers 30-45 in order

33 45 32 30 23 56 78 34 34 31 56 34 38 29 30 32 33
 56 30 32 43 31 67 78 45 32 34 56 34 23 35 56 78 30
 36 33 32 89 56 37 56 78 39 38 45 42 41 45 67 39 41
 45 35 40 34 44 41 56 77 23 38 39 89 30 42 77 43 56
 43 44 34 23 13 56 44 88 43 39 40 41 34 45 44 45 23

Cross out the numbers 60-75 in order

67 89 45 60 90 33 34 56 90 89 31 45 23 51 56 61 82
 90 92 88 82 62 83 83 84 65 63 89 33 45 67 57 34 64
 85 95 35 65 78 56 45 33 88 66 88 77 56 36 67 34 37
 66 34 68 56 34 78 66 90 99 69 33 39 68 71 40 10 70
 71 69 68 70 72 34 67 73 89 71 89 74 99 70 75 72 73

Cross out the numbers 1-20 in order

2 5 6 7 1 3 4 5 2 4 3 5 6 7 12 13 4 5 12 10 7 5 3
 6 1 13 5 7 9 4 15 9 17 8 5 4 20 6 7 10 9 15 4 5 10 2
 3 4 6 7 6 11 2 3 6 8 9 12 3 4 5 6 7 3 13 2 3 4 5 6 2
 14 5 6 5 2 18 16 3 4 15 2 6 7 16 6 8 9 2 3 4 5 2 17
 18 5 7 2 3 2 5 8 9 8 2 3 20 19 2 4 5 7 8 2 9 3 2 20

Cross out the numbers 20-35 in order

23 34 56 12 20 23 33 22 56 21 45 34 19 67 34 56 67
 22 56 45 35 45 20 21 23 76 45 24 34 57 89 23 56 34
 24 22 25 32 21 26 34 24 18 15 23 26 27 56 34 27 45
 35 34 28 13 26 27 29 56 34 23 67 27 89 67 30 31 30
 29 56 31 45 55 33 45 32 48 33 23 34 32 31 35 90 34

Cross out the numbers 30-45 in order

33 45 32 30 23 56 78 34 34 31 56 34 38 29 30 32 33
 56 30 32 43 31 67 78 45 32 34 56 34 23 35 56 78 30
 36 33 32 89 56 37 56 78 39 38 45 42 41 45 67 39 41
 45 35 40 34 44 41 56 77 23 38 39 89 30 42 77 43 56
 43 44 34 23 13 56 44 88 43 39 40 41 34 45 44 45 23

Cross out the numbers 60-75 in order

67 89 45 60 90 33 34 56 90 89 31 45 23 51 56 61 82
 90 92 88 82 62 83 83 84 65 63 89 33 45 67 57 34 64
 85 95 35 65 78 56 45 33 88 66 88 77 56 36 67 34 37
 66 34 68 56 34 78 66 90 99 69 33 39 68 71 40 10 70
 71 69 68 70 72 34 67 73 89 71 89 74 99 70 75 72 73

Cross out the numbers 1-20 in order

2 5 6 7 1 3 4 5 2 4 3 5 6 7 12 5
13 4 5 12 10 7 5 6 1 13 5 7 9 4 8
15 9 17 8 5 4 6 20 6 7 10 9 15 4
5 10 3 4 6 7 6 11 2 3 6 8 9 12 3
4 5 6 7 3 13 2 3 4 5 6 14 5 6 5 6
2 18 16 3 4 15 2 6 7 16 6 8 9 2 3
4 5 2 1 17 18 5 7 2 3 2 5 8 19 8 2
2 3 20 19 2 4 8 3 2 8 20 7 5 6 3

Cross out the numbers 20-35 in order

23 34 56 12 20 23 33 22 56 21
45 34 19 67 34 56 67 22 56 45
35 45 20 21 23 76 45 24 34 57
89 23 56 34 24 22 25 32 21 26
34 24 18 15 23 26 27 56 34 27
45 35 34 28 13 26 27 29 56 30
23 67 31 89 67 45 29 30 21 32
23 56 33 78 45 32 34 12 33 35

Cross out the numbers 30-45 in order

33	45	32	30	23	56	78	34	34	31
56	34	38	29	30	32	33	56	30	32
43	31	67	78	45	32	34	56	34	23
35	56	78	30	36	33	32	89	56	37
56	78	39	38	45	42	41	45	67	39
41	45	35	40	34	44	41	56	77	23
38	39	89	30	42	77	43	56	43	44
34	23	13	56	44	88	43	39	40	41
34	45	44	45	23	35	42	43	44	21

Cross out the numbers 60-75 in order

67	89	45	60	90	33	34	56	90	89
31	45	23	51	56	61	82	90	92	88
82	62	83	83	84	65	63	89	33	45
67	57	34	64	85	95	35	65	78	56
45	33	88	66	88	77	56	36	67	34
37	66	34	68	56	34	78	66	90	99
69	33	39	68	71	40	10	70	69	68
34	71	88	90	72	23	77	75	73	89
45	67	76	74	99	56	43	75	78	22

Cross out the numbers 1-20 in order

2 5 6 7 1 3 4 5 2 4 3 5 6
7 12 13 4 5 12 10 7 5 6 1
9 13 5 7 9 4 15 9 17 8 5
4 6 20 6 7 10 9 15 4 5 10
3 4 6 7 6 1 11 2 3 6 8 9
12 3 4 5 6 7 23 13 2 3 5
18 14 15 2 6 7 16 6 8 9 2
3 40 5 2 1 17 18 5 7 2 3 2
5 8 19 8 2 3 1 20 19 2 4 18

Cross out the numbers 20-30 in order

23 34 56 12 20 23 33 22 56
21 45 34 19 67 34 56 67 22
56 45 35 45 20 21 23 76 45
24 34 57 89 23 56 34 24 22
25 32 21 26 34 24 18 15 23
26 27 56 34 27 45 35 34 28
13 26 27 29 56 30 23 67 27

Cross out the numbers 30-45 in order

33	45	32	30	23	56	78	34	34
31	56	34	38	29	30	32	33	56
30	32	43	31	67	78	45	32	34
56	34	23	35	56	78	30	36	33
32	89	56	37	56	78	39	38	45
39	41	45	40	39	41	45	35	42
34	44	43	56	77	23	44	39	45

Cross out the numbers 60-75 in order

67	89	45	60	90	33	34	56	90
89	31	45	23	51	56	61	82	90
92	88	82	62	83	83	84	65	63
89	33	45	67	57	34	64	85	95
35	65	78	56	45	33	88	66	88
77	56	36	67	34	37	66	34	68
56	34	78	66	90	99	69	33	39
68	71	40	10	70	69	68	34	71
88	90	72	23	77	75	73	89	45
67	76	74	99	56	43	75	78	22

Count the number of times the double numbers appear in each row and write it on the line on the right side of the page

1.5M

88 95678846523018834572388686688993412388324668433 _____

33 33576849233885763875833475692330576738335228991 _____

44 45674488277442345698440957647328445637412347799 _____

22 78564322785642290675842457462246578933221145689 _____

66 67584936685948668903486683645732096689886889666 _____

55 46372565578734655895689557837564557832055675583 _____

99 89909346573389576993437289339967584839993879873 _____

11 348596171741147563211678548391144117869841211581 _____

77 34771171234857677564734987723409763243857987732 _____

55 67855124578556789905645567830994355789603564355 _____

33 86953367586978979633675849302785933786940328383 _____

00 32300564564500342340023407875937542342340034875 _____

88 89884572884635218846372790573328823471564788988 _____

22 34578334783122784374564372265278232289085738229 _____

99 88586990945898994324987598769905647388989699234 _____

Check your work: 5, 5, 4, 4, 5, 6, 4, 5, 4, 5, 3, 4, 6, 4, 4

Count the number of times the double numbers appear in each row and write it on the line on the right side of the page

2M

88 9567884650134572388686688941388324567438890 _____

33 3357684923386387584756923376738335574839339 _____

44 4567448827744234569809576473284456657447869 _____

22 7856432278564229067584245746224657235422890 _____

66 6758493668594866890348668364573209566758467 _____

55 4637256557873465589568955783756455434565658 _____

99 8990934657338957699343728933996758994394283 _____

11 3485961717411475632116785483944117789717119 _____

77 3477117123485767756473498234097632797745311 _____

88 7969968588354632768846352884635288664568821 _____

00 3230056456450034234002340787593754234234003 _____

88 8988457288463521884637279057332882347156478 _____

99 8858699094589899432498759876990564738898969 _____

Check your work: 5, 5, 4, 4, 4, 4, 4, 4, 3, 5, 4, 4, 3

Count the number of times the double numbers appear in each row and write it on the line on the right side of the page ^{3M}

88 9567884650338868668894388 _____

33 3357684923385692337673833 _____

44 4574488274423466473284456 _____

22 7856322742290642456224652 _____

66 6758493668594866886683645 _____

55 4625655346558956557837556 _____

99 8990934633896993437283996 _____

11 9171741147563211678534117 _____

77 3477117123767756472340976 _____

99 9287499234728969932199120 _____

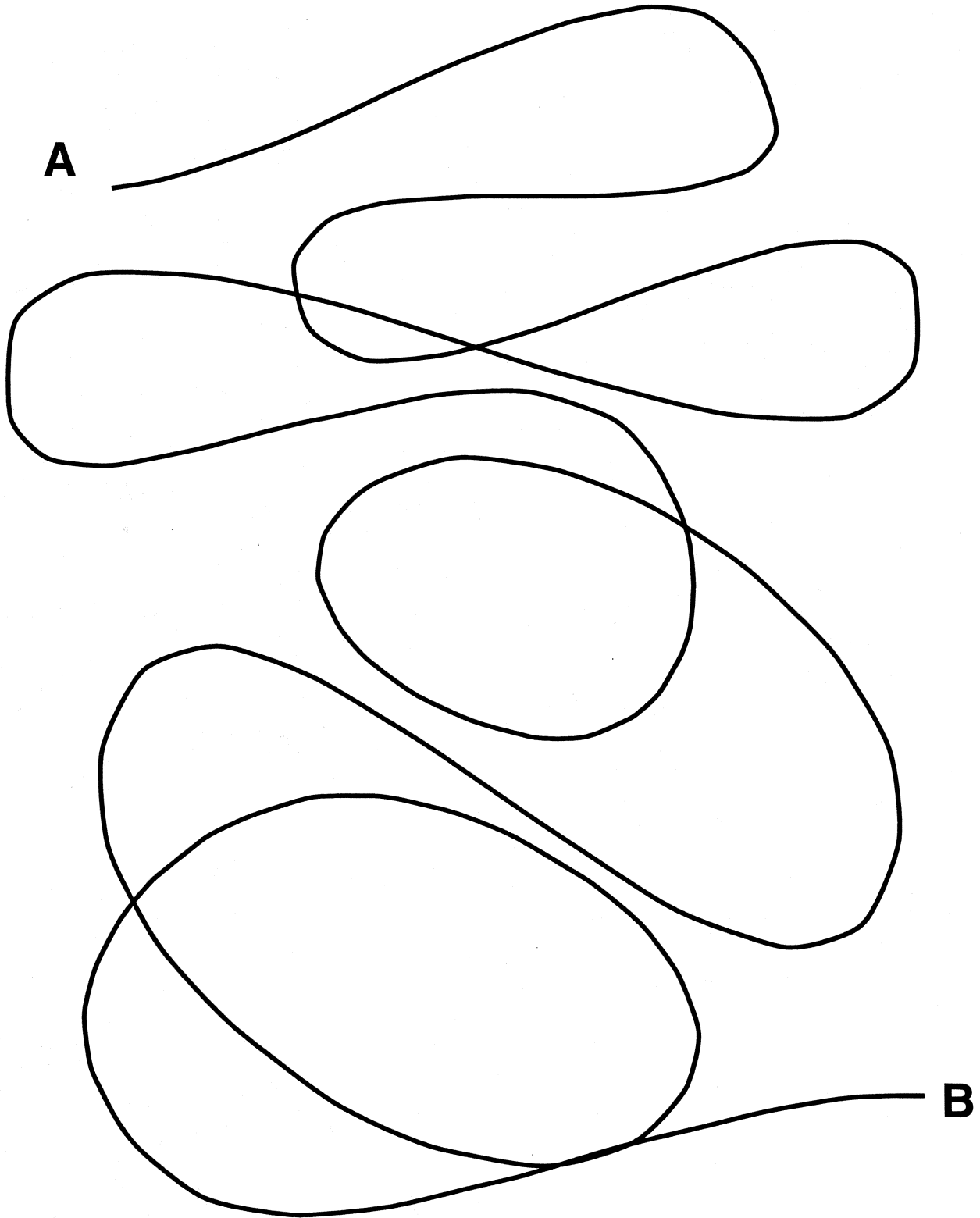
22 3432278756232782274822392 _____

Check your work: 4, 4, 3, 3, 3, 4, 3, 3, 2, 3, 3

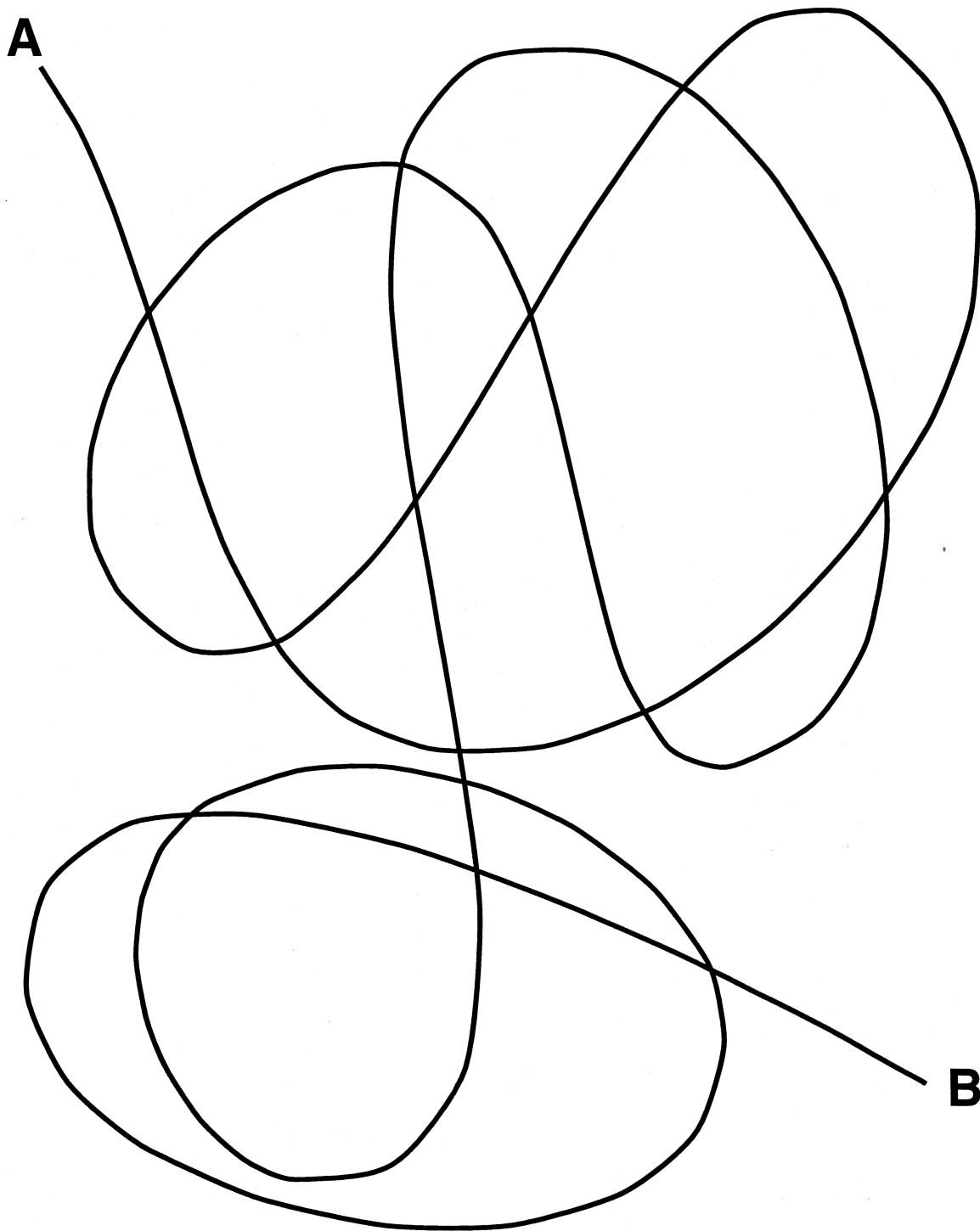
PRE-WRITING EXERCISES

These exercises are designed to re-establish eye hand coordination by requiring the person to use his/her vision to guide the hand in movement and trace the shapes and lines. A marker of a contrasting color should be used to trace the lines so that mistakes can be readily seen by the person. The person should be encouraged to trace slowly, keeping his/her eye on the tip on the marker at all times. If the person loses sight of the marker tip (moves into the scotoma), he/she should stop and re-establish sight of the tip before continuing to trace the design. The key to success in all handwriting is to slow down and pay attention to where the pen is going.

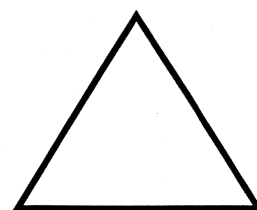
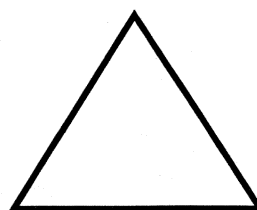
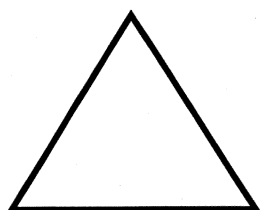
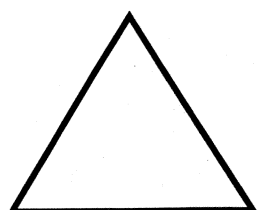
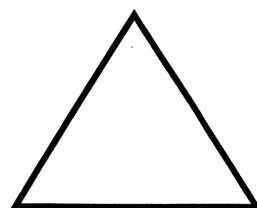
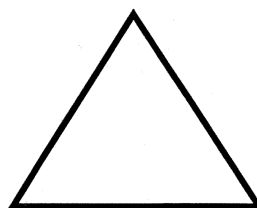
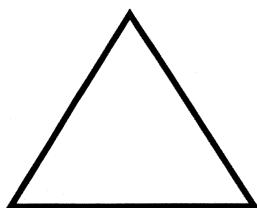
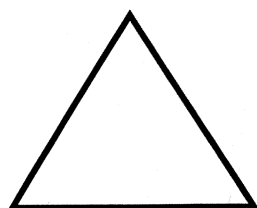
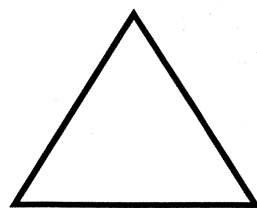
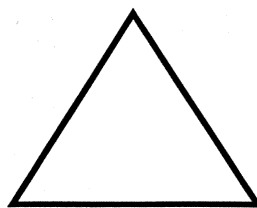
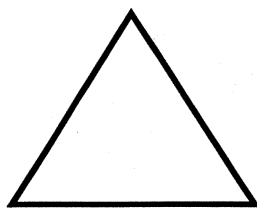
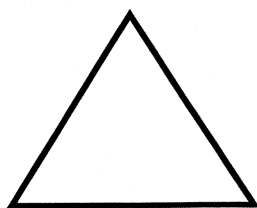
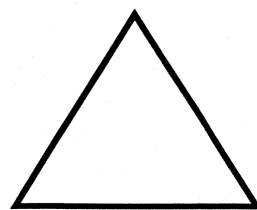
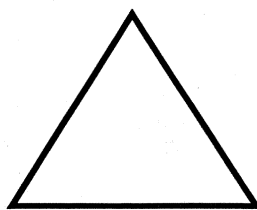
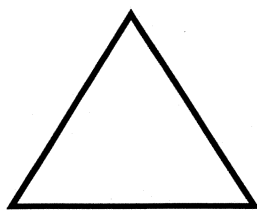
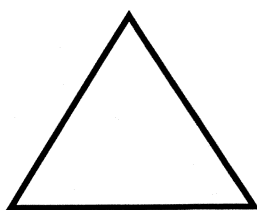
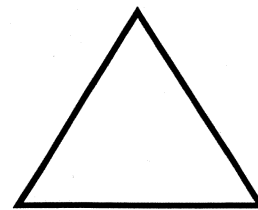
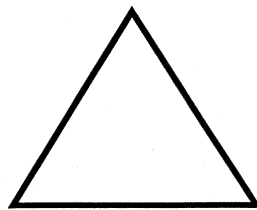
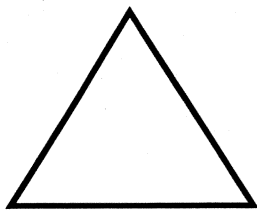
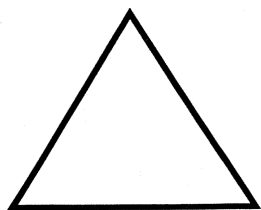
TRACE THE DESIGN FROM A TO B



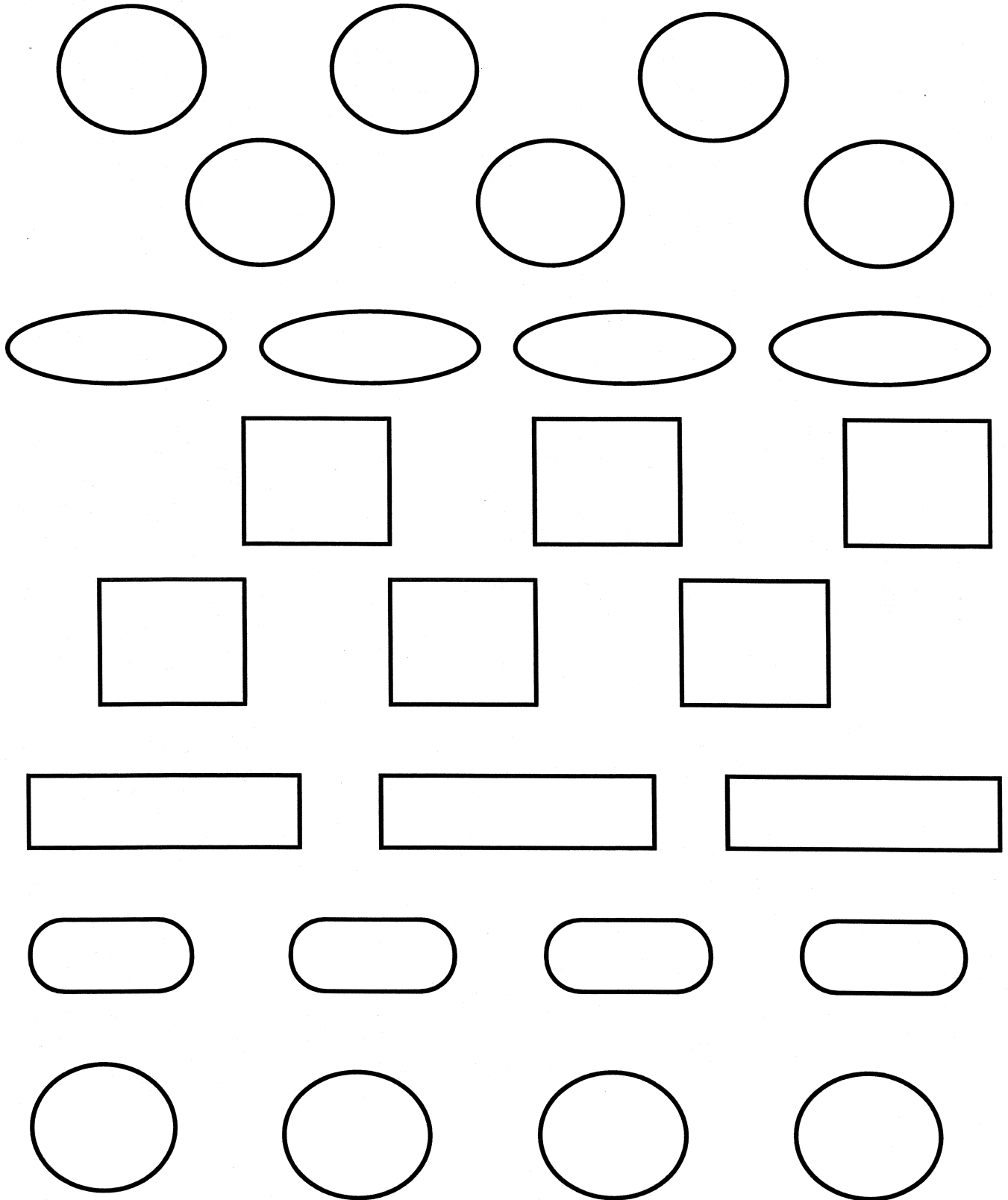
TRACE THE DESIGN FROM A TO B



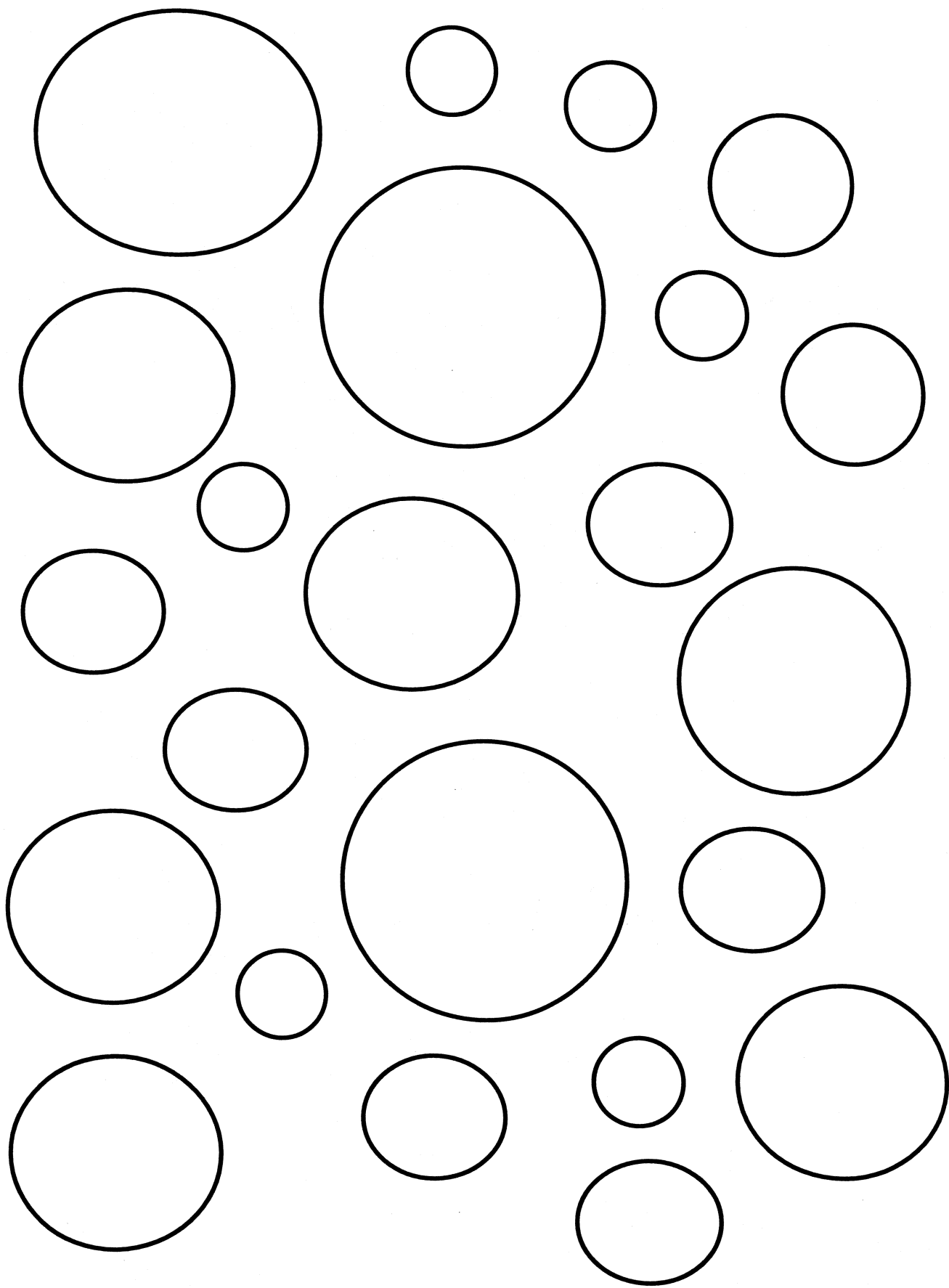
TRACE AROUND THE TRIANGLES



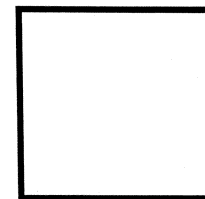
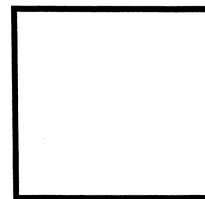
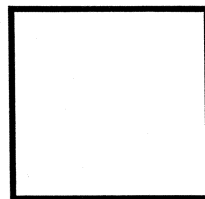
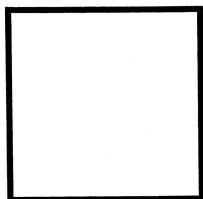
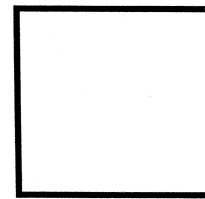
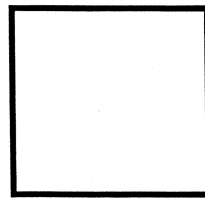
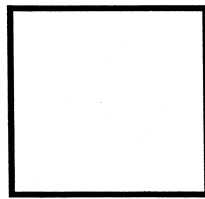
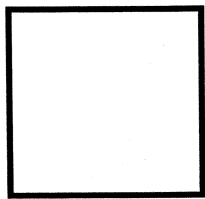
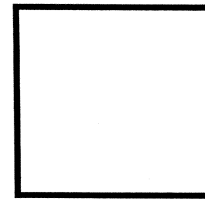
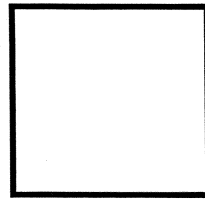
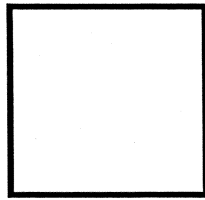
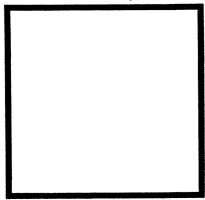
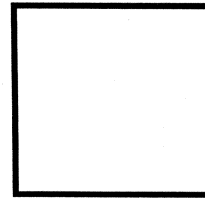
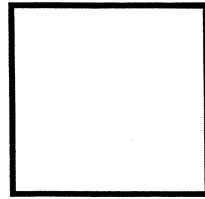
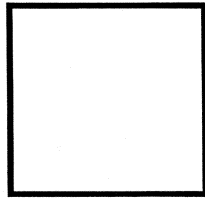
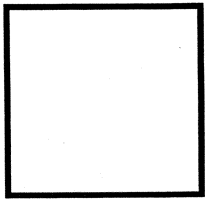
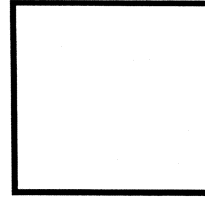
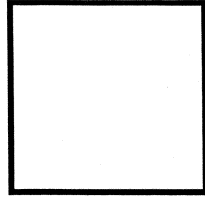
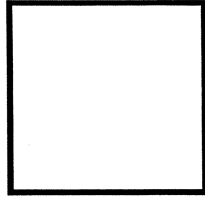
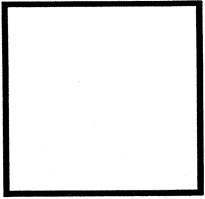
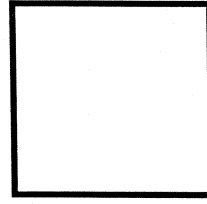
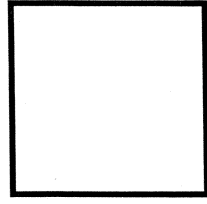
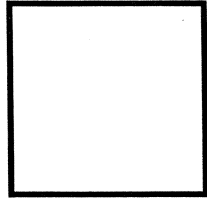
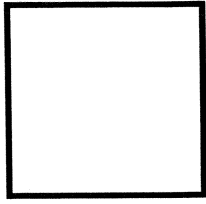
TRACE AROUND THE SHAPES



TRACE AROUND THE CIRCLES



TRACE AROUND THE SQUARES



MISCELLANEOUS EXERCISES

Large Letters/Words/Sentences

These pages of very large printed letters, small words and simple sentences are designed for persons with significant vision loss to determine if they are capable of reading any enlarged print. Continuous text reading materials (newspapers, books etc.) cannot be enlarged to this size print without using optical devices such as videomagnifiers. However, telephone numbers, labels, and simple instructions can be enlarged to this size to assist the person in completing daily living activities.

These worksheets are also useful to use with persons suspected of having cortical visual impairment or optic nerve injury and with persons with limited cognitive function.

GO FOR IT

The "GO FOR IT" phrase can be used to help determine the location of the person's best eccentric viewing position. Cut out the GFI phrases and tape them on 3 x 5 inch index cards-one phrase per card. Have the person hold the card, view the phrase, and tell you whether all of the letters in the words can be seen with equal clarity. If the person only sees part of the words or some of the words appear to be faint, instruct the person to move his/her eyes (i.e. use an eccentric viewing position) until all of the words can be seen clearly. Pick a print size that the person can see easily so that reduced acuity is not a limiting factor.

Recipe Cards/Telephone List

For persons with significantly reduced acuity, it is important to have favorite recipes and a list of important telephone numbers enlarged so that they can be read without a magnifier. Family members can enlarge these materials (a good project for grandchildren). Be sure to PRINT IN BLOCK LETTERS, USING A BLACK PERMANENT MARKER.

or as me he it

in an if am do

we it do no be

no go of or to

if am as he at

no up on ha to

are too all dog

run try end air

use had cat ate

bug got did all

for eat man box

bat pop boo cut

A

V

P

B

S

Y

X

N

A

Q W T I

U V O P

C X Z T

A B J K U

L M B V R

F S Q P N

Y T X M R

V F E C Z

P U T R A

E R U O S

A Q X I B

go he to it

are and be

be no of if

cat did no

I will try

I can do it

It is good

I am good

**Today is a
good day**

**It is hard
but I can
do this**

GO FOR IT

GO FOR IT

GO FOR IT

GO FOR IT

GO FOR IT

Recipe: _____

Oven Temp: _____

Ingredients:

Directions:

NAME

NUMBER

_____ / _____

_____ / _____

_____ / _____

_____ / _____

_____ / _____

_____ / _____

_____ / _____

_____ / _____

_____ / _____

_____ / _____

_____ / _____

_____ / _____

_____ / _____

_____ / _____

_____ / _____

_____ / _____

WWW.VISABILITIES.COM

PRE-READING AND WRITING EXERCISES FOR PERSONS WITH MACULAR SCOTOMAS

MARY WARREN MS, OTR/L, SCLV, FAOTA

Compilation of training exercises* designed by Mary Warren to improve scanning performance in clients with macular scotomas resulting from hemianopsia and macular diseases. The exercises provide clients with practice in making the precise eye movements needed to compensate for loss of vision in the central visual field and increase speed and accuracy in reading and writing. They can be incorporated into clinical treatment or provided as home programs to supplement clinical activities and are appropriate for children and adults.

The packet includes 80 pages of reproducible worksheets containing letters, numbers and figures printed in four graduated font sizes to accommodate visual acuities up to 20/200. Complete instructions are included for using the exercises.

(* many of these exercises have been shown in the continuing education workshops provided by Ms. Warren)



PRE-READING AND WRITING EXERCISES ORDER FORM

PRODUCT DESCRIPTION	QUANTITY	PRICE EACH	AL SALES TAX	TOTAL AMOUNT
PRE-READING AND WRITING EXERCISES - COMPLETE SET	_____	\$25.00*	\$2.25**	_____
**ONLY FOR ORDERS FROM OR SALES MADE IN AL, DO NOT PAY IF TAX-EXEMPT SHIPPING INFORMATION (*SHIPPING AND HANDLING INCLUDED)				
Contact: _____ Department _____				
Facility: _____ Facility Address: _____				
City: _____ State _____ Zip _____ Work Phone: (____) _____ - _____ (Ext)				

PAYMENT METHOD CASH - ONLY FOR DIRECT SALES, NOT FOR MAIL ORDER

CHECK MADE PAYABLE TO VISABILITIES REHAB SERVICES AND MAIL COMPLETED ORDER FORM TO:
 vis**ABILITIES** Rehab Services, 1634-A Montgomery Hwy / #195, Hoover, AL 35216-4902

CREDIT CARD, COMPLETE INFORMATION BELOW, YOU MAY FAX FORM TO (205) 823-6657 OR MAIL TO ABOVE ADDRESS

CREDIT CARD# _____

AMOUNT TO BE CHARGED _____ EXP DATE _____

CVV2 CODE _____ CREDIT CARD APPROVAL SIGNATURE _____

