

GOLF GAME

VISUAL ANALYSIS V – Visualization 1

PURPOSE: To develop the ability to create a mental image of a form that is no longer present.

PROCEDURE: Have your child sit at a table with the paper “golf course 1” in front of him or her. He or she looks at the layout of the golf course (i.e., hazards, length of fairway) for the first hole for 5 to 10 seconds and then closes his or her eyes and attempts to “hold” a mental image of the hole layout for about 5 seconds. With eyes still closed, he or she begins, with a pencil on the paper at the first tee, to make a “stroke.” The pencil should be moved as far as possible without hitting any hazards. Your child then opens his or her eyes to see where he or she has landed. With eyes closed again, the process is repeated until the pencil ends up in the hole at the flag stick. The goal is to get from the starting tee to the ending hole in as few lines or strokes as possible while hitting the fewest number of hazards. You can keep score by adding the number of strokes required to reach the hole; points are also added for each hazard that is hit (e.g. lakes, trees, out of bounds). If the game is played against a partner or helper, the winner is the one with the lowest score. When golf course 1 has been mastered, proceed with courses 2 and 3.

GOAL FOR THE WEEK:

Handout developed by The Studt Center for Vision Therapy, Southern California College of Optometry, Fullerton CA. Can be modified by the user.

From Scheiman M, Rouse M. Optometric management of learning-related vision problems, 2nd ed. St. Louis: Mosby, 2006.





