Red Lens Activity 1

Patch your dominant eye with a red lens patch. Using a red pen, pencil, crayon or marker start with line one. Color in the dot on the left and trace the line across the page, then color the dot on the right. On the second line start at the right and move left. Be sure to focus on what you write as you go without moving your head to track. You should be using your non-dominant eye to do this exercise.