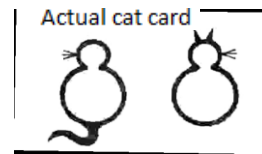


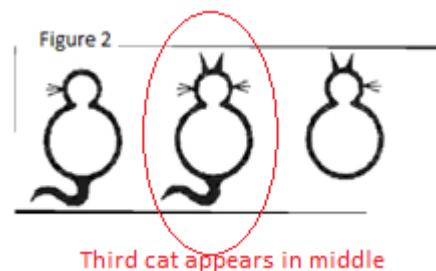
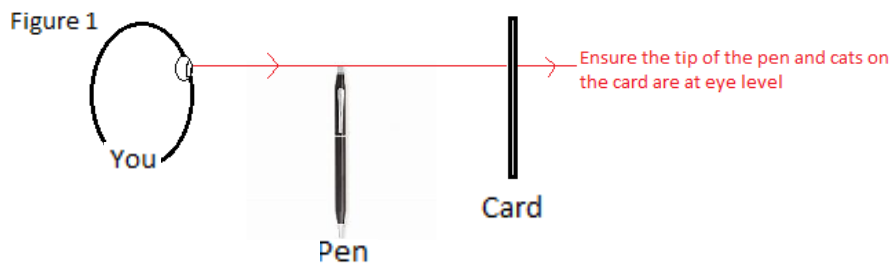
Stereograms

The aim of Stereograms is to improve the ability of using two eyes as a pair.



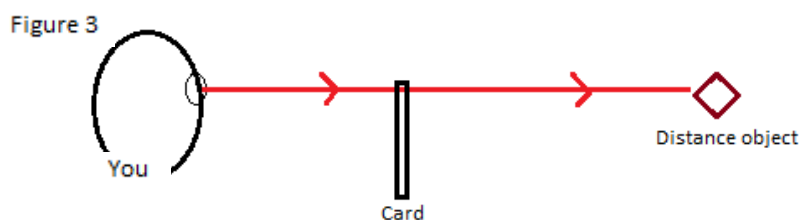
Near method:

- In one hand hold the cat card at an arm's length at the same level as your eye
- In the other eye hold a pen mid way between your eyes and the cat card (as shown in figure 1).
- Look at the top of the pen and concentrate on it. It should appear as a single pen tip.
- Still focusing on the pen, the cats on the card behind will then look like they are moving together. At this point you will be able to see 3 cats while still looking at the pen (as shown on figure 2).



Distance method:

- In one hand hold a card at an arms length
- Focus on an image in the distance over the top of the card (or you can cut a small 'V' shape into the top of the card to be able to hold the card at eye level as well as see a distance object at eye level)
- You then should see a third cat appear in the middle of the 2 outer cats



Note: When you first start doing this exercise the middle cat might appear blurred, but if you keep doing this exercise the cat should become clear.