



### Near/Far Owls: MFBF

**Goal:** Decrease suppression by using 'monocular fixation in a binocular field' (MFBF) training. Build focusing skills by shifting gaze near and far.

**Setup:** You will need red/green glasses, the big Owls (for distance), small Owl sheets (for near) and crayons, dry erase, or highlighter markers.

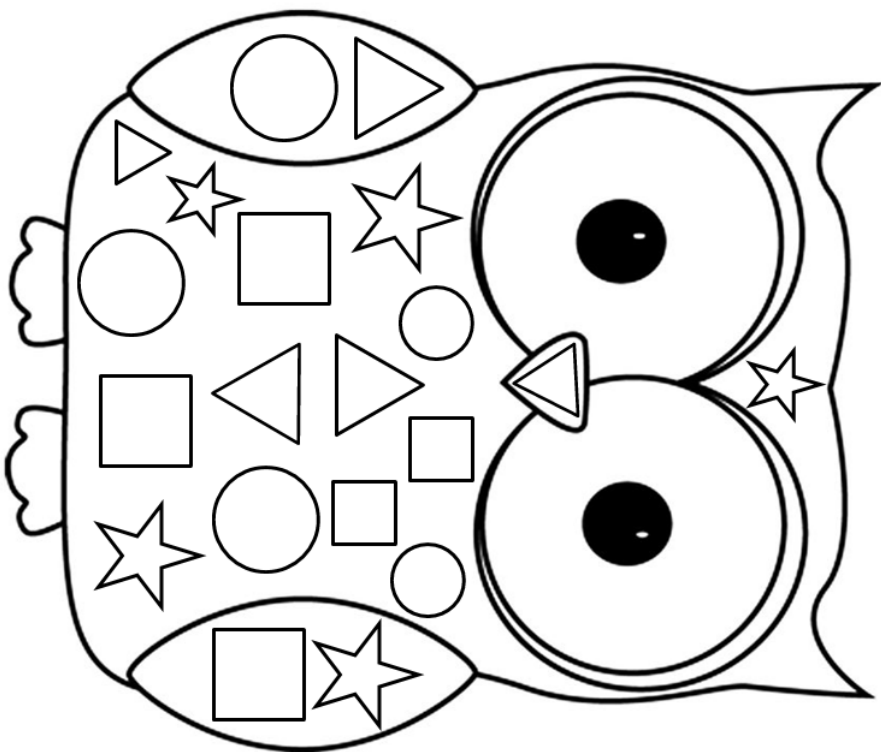
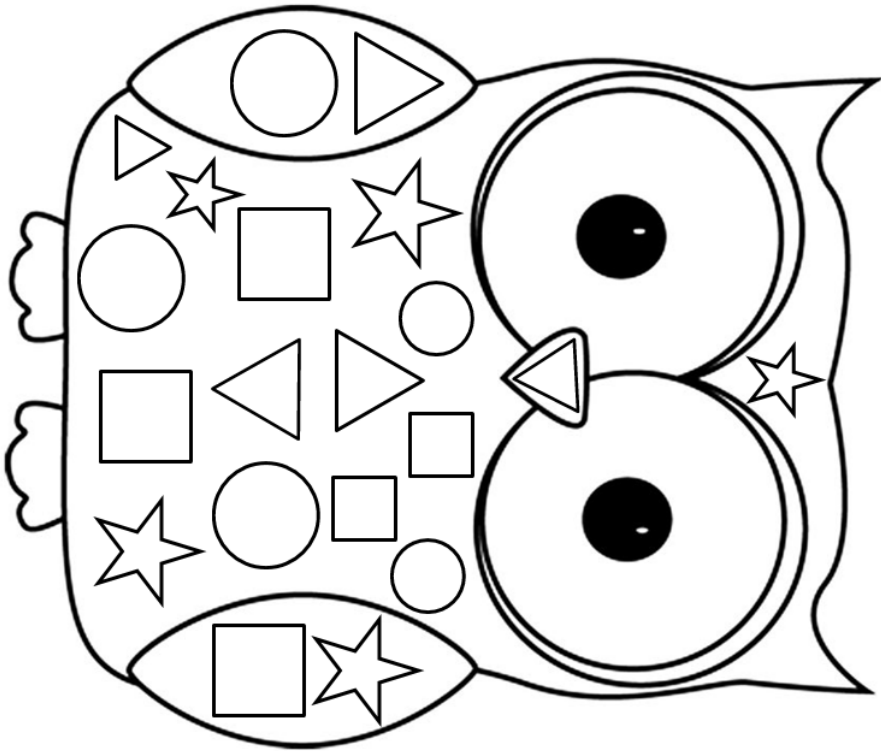
#### **Instructions:**

1. Place the big Owl as far away from the patient as possible while still being able to see it. The patient should still be able to clearly see the details of the shapes on the Owl.
2. Place a small Owl on the desk in front of the patient at a good viewing distance.
3. Put on red/green glasses or a red patch over one eye. The red filter will block the shapes that are colored red. The unpatched eye or the eye behind the green lens will see the shapes that are colored in.
4. Color the 8 shapes on the small Owl to match the big Owl.

#### **Challenge Levels:**

- Challenge level 1: use a yellow highlighter or crayon (pink, yellow, orange) that also will cancel with the red lens to complete the near Owl.
- Challenge level 2: place the small Owl sheet inside of a page protector. Use a **red dry erase marker** to color in the shapes. The red marker will cancel with the red lens to complete the near Owl.
- Challenge level 3: place the small Owl sheet inside of a page protector. Use a **green dry erase marker** to color in the shapes. The shapes will cancel with the red lens, but the green marker will cancel with the green lens to complete the near Owl.

*\*Note – IF the colors don't cancel, print a blank Owl and color in shapes with a yellow highlighter, red colored pencil, or crayon (pink, orange, and yellow) that cancels with your red/green glasses.*



Blank owlets for near

