

10 Strategies to Support Visual Skills and Vision Health in the Classroom

1. Take a REGROUP vision break every 20 minutes. *Just two consecutive hours on a digital device can cause eye strain and fatigue.
2. Incorporate regular movement breaks that DO NOT include visual fixation or other visual demands to reduce postural fatigue and visual stress. For this, you can combine REGROUP and RESTORE exercises throughout the day.
3. Alternate between screen-based and manipulative or movement activities every 20 minutes to reduce visual fatigue and improve activation of multiple areas of the brain for learning. This coincides with the concentration span of typical elementary aged children but may need to occur more often for students with learning disabilities.
4. Position elbows, hips, and knees at 90 degrees in sitting by using chairs with appropriate heights, back supports, and foot supports as needed. Some children benefit more from ball chairs without back support to decrease the tendency for leaning while providing opportunity for movement.
5. After whole-body ACTIVATE exercises, do focal vision exercises at least twice a day for 20-30 seconds to increase visual endurance and support functional visual skill development.
6. Use blue light filters. These can be added to prescription lenses, purchased as glasses without a prescription; made in the form of overlays for screens and classroom lights; downloaded as applications from the internet; or done manually by adjusting the screen settings on your computer. Adding a black slide to the end of your Smartboard lesson can also help filter ambient blue light during independent work. Read more at glarminy.com.
7. Dim indoor lighting competing with the light from the computer screen/Smart Board.
8. Adjust your screen to be directly in front of your face, slightly below eye level at a distance of 18-20 inches.
9. Use a slant board (approximately 20 degrees) or 4-inch binder with both written work and ipad use to support optimal viewing and reduce eye strain. This also supports optimal viewing for children with convergence insufficiency.
10. Increase text size, spacing between lines, and limit the volume of visual information on a page. This is especially important for children with functional vision deficits.

