

INFORMATION SHEET – AN EXPLANATION OF VISUAL TRACKING

Visual tracking is the ability to follow a line of print when reading.

People who have difficulty keeping their place or finding the start of the next line, or who miss out words or lines of print when reading, may have a tracking difficulty.

There are various exercises and activities that can help improve tracking such as:

- Dot-to-dot;
- Tracing;
- Mazes;
- Word searches;
- Join the numbers;
- Line tracking;
- Print based tracking exercises such as finding certain letters within the text (e.g. every 'a');
- *Saccadic* activities (to improve *saccades* which is fast eye movements)

The following websites have mazes, dot-to-dot and other activities that can be downloaded and printed:

www.activitypad.com

www.krazydad.com/mazes

This website has eye tracking activities that may be helpful:

www.eyecanlearn.com

New games and apps are being introduced all the time so it is well worth doing an up-to-date Internet search to find new resources.