

# Lifesaver Cards

ACLARA

ACLARA

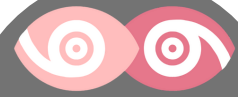
RAS

ESTAS

LETTR

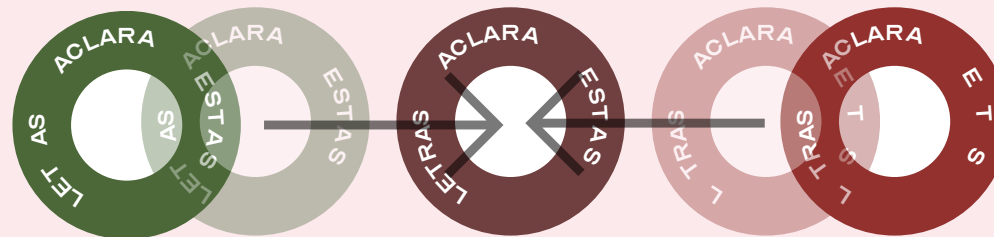
ESTAS

LE



## How to use lifesaver cards?

- This PDF has been elaborated to be able to print the cards or to be able to do the exercises from the screen of a computer. In addition to including the standard version (green and red 'Clarify these letters'), we wanted to add more variations to make this visual exercise more attractive and motivating.
- We will position ourselves in front of the lifesaver card (usually between 40 cm and 60 cm, depending on the print size). With the help of a pencil point between our eyes, we will try to merge the two lower circles into one.
- We take a pencil or a long stick and position the tip in front of the lifesaver card between the two circles (red and green) at the bottom of the card (closer = easier).
- We fix our gaze on the tip of the pencil or toothpick and keep it fixed on that point.
- When we bring the pencil or the toothpick toward our nose, the two lower circles will separate and at a given moment, we will see 4 circles
- The goal now will be to merge the two inner circles into one. Once the two circles are merged, we will have 3 circles (instead of 4). The two original ones on the sides and a third circle between the first two, which will be the merged circle, which we will look at. We will see this circle more clearly and notice the perception of depth.



## How to use Lifesaver cards?

**We will become aware that we have performed the exercise correctly when::**



- In each of the circles, the following phrase appears: 'ACLARA ESTAS LETRAS' (CLEAR THESE LETTERS). In the lower pairs of circles, the phrase appears in its entirety, with all the letters, while as we move upwards, we see how some of the letters disappear. Always different for each pair. Note that we have added some creative variations with shapes.
- This way, if we can read the complete sentence on the top lines, we will know that we are merging the two images.
- We must be patient and not despair if we do not get to see it the first time, it is a process that takes time, and each person is different. Some will see it sooner than others, but that should not worry us. The important thing is to keep trying and maintain motivation.

We recommend that your trusted optometrist assesses whether these visual exercises suit you or your family before you do them.



