

HAND PING PONG

YOU WILL NEED...



-PING PONG BALLS

-WOODEN FLOOR
SAMPLES



PLACE A SMALL PIECE OF WOOD IN HAND
WHILE BOUNCING A PING PONG BALL UP IN
THE AIR

FREE STANDING AREA
FACING A PARTNER AND
PLAY BADMINTON



Partner

EYE TRACKING EXERCISES AND
PERIPHERAL VISION
DEVELOPMENT HELPS IMPROVE
READING. TRACKING EXERCISES
LIKE BADMINTON AND PING
PONG EXERCISE THE EYE
MUSCLES MAKING THE EYES FIT
TO READ



BRAIN LINK