

TIPS FOR USING COLORED CARDS (small test charts)

1. Simply observe the letters, taking a couple of seconds for each one, blinking in between one and the other. Color makes focusing faster and more elastic.
2. Use a pair of complementary colors, placed next to each other. Proceed in the same way, but finding the same letter also in the other table. It's not important being able to see the same letter clearly in both. Just keep the same rhythm, whether the letters appear or not.
3. By inserting a traditional test chart (black on white) in between. With this one locate a distance from which you are unable to read the last 3 or 4 lines. Then proceed as in 2), "ignoring" the central test chart. After 3-5 minutes, return to check the central optotype, which should appear sharper than before

Other uses

You can combine the colored cards with numerous other resources: pyramid bags, anaglyphs, pinhole glasses, Rosenbauer color cards and many more.

Looking at the tables can happen in different ways: swinging, dancing, singing, on an exercise bike, jumping on a trampoline and in many other ways.

Playfulness is fundamental: color helps to awaken curiosity and the pleasure of seeing, which are two powerful engines of vision improvement