



## Eye strengthening – improve vision or reduce eye strain

*Close your Eyes – don't need to wear glasses*

*– slow relaxed movements, **daily***

1. Look up and then down X 7 each
2. Look left and then right X 7 each
3. Look to the top left, then circle your eyes anticlockwise X 7
4. Look to the top left and then circle your eyes clockwise X 7
5. Look to the top left and then make a Z shape with your eyes X 7
6. Look to the bottom right, then make a reverse Z shape with eyes X 7
7. Finish by rubbing palms together then putting them over eyes to relax them.