

Tips for using colored charts

1 Simply observe the letters, dedicating a couple of seconds to each and blinking between them. The color makes the focusing more rapid and elastic.

2 Use a pair of complementary color charts, placed next to each other. Proceed as in the previous one, but finding the same letter in both tables. It is not important to be able to see the same letter clearly in both.

3 Inserting a traditional chart in the middle. With this, identify a distance where the last 3 or 4 lines cannot be read. Then proceed as in 2), "ignoring" the central chart. After 3-5 minutes, return to checking the central chart, which should appear sharper.

Other uses

Colored charts can be combined with many other resources: pyramidal bags, anaglyph glasses, pinholes, Rosenbauer color cards and many others. And the observation of the tables can take place swinging, dancing, singing, on an exercise bike, jumping on a trampoline and in many other ways. The playfulness is fundamental: the color helps to awaken the curiosity and the pleasure of seeing, which are two powerful factors in vision improvement.