

FRIENDS OF NVT

OFFICIAL NEWSLETTER OF INNEURACTIVE



INTRODUCTION

Welcome to Issue 3 Volume 10 of the Friends of NeuroVisual Training Newsletter! In this volume, we review some great stocking stuffer ideas that promise to elevate your NeuroVisual Training (NVT) experience during the festive season.

Our feature article, "Stocking Stuffers for NVT," reviews NVT products that would be perfect as a stocking stuffer. From the versatile Brock String to the dynamic Vector Ball and Reaction Trainer, we'll guide you through each stocking stuffer, offering insights into how these modalities can enhance your NVT journey.

In the How-To section, discover practical tips on incorporating these stocking stuffers into your NVT routine. The how to provides a step-by-step guide to creating game-realistic drills, ensuring a festive blend of enjoyment and sensory refinement.

We encourage you all to leave questions and/or comments below. Thank you for the continued interest and enjoy!

If you missed an issue, please visit <https://inneuractive.com> where all issues are available for free. Please tweet and share with your friends as we plan to release more great content. @FriendsofNVT.

WHAT'S IN OUR LATEST ISSUE:

- Introduction
- NVT Stocking Stuffers - Dr. Joseph Clark, PhD.
- "How To": NVT Card Deck - Robert Hasselfeld and Aiden Butler
- Announcements
- Disclaimer



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NVT Stocking Stuffers– Product Review

Twas the night before Christmas and all through the house, not a creature was stirring not even an NVT trained mouse. The Stockings were hung by the chimney with care. While sleep is important for NeuroVisual Training (NVT) as implied here, some training methods stuffed in the stockings might help too. In this article we'll review some simple NVT training modalities that might fit in those stockings.

If you are thinking about some stocking stuffer gifts to up your NVT training please consider Brock String, Vector Ball, Reaction trainer and some Hart Charts. The Brock string is great for training accommodation, speed of accommodation and when ensuring you are seeing two strings binocularity. The Brock string is simple, compact and can be done in many environments. You might even be able to find one with beads in Christmas colors or in your favorite colors. It is a foundational exercise that can have an overlay of say Rhythmic Stabilization (FoNVT Newsletter I5V5), tandem leg stance, single leg stance and / or head turns. Before beginning a NVT program check with your eye care professional.

Your stuffed stocking could have one or two balls added to it. You might wish to choose the vector ball. The vector ball is a ball that can be thrown, hit and / or bounced. When it hits something it flashes Red, or Blue or Green. We use the flashed colors to instruct the client to catch with the left hand = green flash, right hand = red flash, or blue flash = both hands. Having to think and react to the color is a great NVT training aid. The compliment to the Vector Ball is the Reaction trainer. The Reaction trainer is a bouncy ball that is asymmetrically shaped. When bounced it bounces in a somewhat random direction. The client is instructed to wait for the bounce and react to the bounce to catch the ball. This reaction requires good discipline and fast reaction times. It is a great eye hand and speed of reaction time training aid. Both Vector Balls and Reaction trainers are great primary activities, and they can also be a secondary activity. Consider doing scanning Hart charts and they have a ball bounced to them. This multi-tasking type of activity is a great NVT method.

Finally for your stocking stuffing consideration we have Hart Charts. Hart charts are wildly variable and somewhat pleiotropic in the NVT arsenal. We've talked about Hart Charts for reading saccades, scanning saccades, near far and word finding (Friends of NVT I2V5, I2V2). You could stuff the stocking with some hard copy of Hart charts in multiple colors or provide a USB drive with a pdf of a whole bunch of Hart Charts. Depending upon how you use the Hart charts you could train saccadic eye movement, accommodation, and short-term memory. Most Hart Chart activities are a primary activity. There are multiple activities that can be used as part of a progression as referenced above bounding a ball can be a progression. You can also do Hart Charts with physical activity such as curls, pushups, crunches, habituation and others. Hart Charts with word finding, as well as call and recall covers pillar 3 of NVT (Friends of NVT newsletter I2V2). You can train short term memory, interrupted memory and visual processing. A whole host of options exist for the Hart Charts you may find in the stocking.

Interested in these stocking stuffers you can purchase these at www.inneuractive.com/shop. Stockings not included.

To all our NVT colleagues and everyone interested please accept our best wishes for a happy, healthy, and safe holidays. Merry Christmas.

How To: NVT Card Deck

In this “How-To” section, we will be reviewing one of our favorite products, the NVT card deck, including instructions for a couple of fun holiday games to play with your friends and family. The NVT card deck is just a regular deck of cards. However, they also contain images and text from different NVT drills and activities. This serves as a fantastic refresher on NVT methods while you enjoy your favorite card game!

Memory Match:

The first holiday card game we will introduce is Memory Match, a two-player game. The objective is to match two cards with an identical number. You’ll start by laying 10-20 cards out in front of you in rows face down. The first person will start their turn by flipping two cards of their choice face-up. For example, if you turn over a 2 and a 5, your objective might be to try and find another 2 on your next turn. This rule is independent of what text is on the card. You must match two cards of the same number to earn a point. The number of cards you put down and the points you play to are up to you, although it is worth noting that the number of cards must be even.

Christmas Charades:

The second holiday card game we will explain is called Christmas Charades; this is a multi-player game. The objective of the game is scoring the most points (win the most cards). You’ll need a deck of cards, pen and paper, and a group of friends or loved ones. To begin, you’ll need to remove the Jokers and all face cards from the deck (Kings, Queens, and Jacks). On the paper, assign a Christmas-themed word or phrase to each number in the deck.

For numbers 2-10, assign simple Christmas-related words like ‘snowman,’ ‘tree,’ or ‘gift.’ For the Ace, assign a more challenging Christmas phrase like, ‘gingerbread house,’ or ‘silver bells.’ Feel free to get creative with the words based on your preferences and or skills.

To play the game, shuffle the deck and deal the entire deck of cards evenly among the players. Each player keeps their cards in a stack face-down. The turns rotate in a clockwise fashion and on a player’s turn, they draw a card and without looking at it, show it to the other players. The other players then must guess the Christmas word or phrase associated with the number on the card. The player who presented the card must act out or give clues without speaking or making sounds

(like traditional charades). Whoever guesses the correct word or phrase gets the card as a point. Continue playing until all cards have been drawn or until a certain number of points has been earned. The player with the most cards at the end of the game wins and is crowned Christmas Champion.

The NVT card deck not only enriches the experience with the knowledge embedded in its cards but also enhances the quality of family time by offering a screen-free source of entertainment. As the holiday season approaches, it serves as a reminder that being surrounded by loved ones is what truly matters during this special time of year.

Announcements

Check out this article regarding neuroplasticity, <https://flip.it/EFTV6K>. A simple dive into brain training and NVT.

Check out our store, <http://www.inneuractive.com/shop> ! We regularly add new products and are excited for the upcoming launch of our NVT warmup panels.

We encourage our Friends of NeuroVisual Training community to engage with these enriching resources. Your commitment to staying updated fuels the advancement of our field, and for that, we are sincerely appreciative.

Disclaimer: Nothing in this communication should be construed as a practice of medicine, an endorsement, or political action. The opinions are the opinions of the authors.