



One Eye Open Catch

- **Materials:** A very soft and squishy ball – Nerf or a stress ball is best.
- **Instructions**
 - Instruct students to pick a partner.
 - Have two students stand about 10 feet apart.
 - Instruct the two students to play a gentle game of underhand toss. Emphasis this is a very gentle toss and it must be underhand for safety!
 - After a few tosses back and forth instruct both students to close ONE eye tightly or put a patch or blind fold over it.
 - Resume the game.
 - DISCUSS:
 - Was the game easier or harder with one eye closed?
 - Remind them of this explanation:

Your two eyes work like a team to help you see how close or far things are, this is called binocular vision or stereo vision. Each eye sees things from a slightly different angle, and your brain combines these two pictures to figure out how far away things are.