



Red / Green Glasses

Binocular Screening & Practice Packet

Ages 5+ · For use by occupational therapists, teachers, vision specialists, and related service providers

REQUIRED: Red/green anaglyph glasses (one red lens, one green lens).
Not the same as red/cyan 3-D movie glasses.

What's inside

- Clinician guide with setup, scoring, and when to refer
- 3 screening sheets: Suppression, Fusion, Fixation & Localization
- 3 practice sheets: tracing, find-and-circle, and bilateral reading
- Score sheet with clear referral criteria

Lens orientation — important

The anaglyph effect works because each eye is filtered by a different color. For this packet, the **only** requirement is one red lens and one green lens. Choose a consistent orientation for each session and record it on the score sheet. A common convention is red on the right eye and green on the left eye, but either orientation is clinically valid.

■ Red lens / ■ Green lens — record which eye wears each color.

If the student consistently suppresses one eye, try swapping lens colors on a later pass to compare awareness.

This packet is a screening tool, not a diagnosis. Persistent binocular concerns should be evaluated by a developmental optometrist or ophthalmologist.

Clinician Guide

Purpose

This packet provides quick, low-cost screening activities that reveal whether a child is using both eyes together. It is designed for school-based OTs, vision specialists, and teachers who already have red/green anaglyph glasses. Results help identify students who may benefit from referral for a comprehensive binocular vision evaluation.

Setup

- Ensure good lighting and a flat work surface.
- Seat the student comfortably at a typical desk or table distance (about 16–20 inches).
- Have the student put on the red/green glasses. Record the lens orientation on the score sheet.
- Explain that some pictures or letters may be visible to one eye, some to the other, and some to both.
- Encourage the student to keep both eyes open and to report what they see without peeking over the glasses.

Scoring rules

- **Pass (P):** The student reports seeing both images or the combined target correctly on the first attempt.
- **Questionable (Q):** The student reports only one target, hesitates, or needs prompting to see both.
- **Fail (F):** The student reports only one target consistently, cannot fuse, or localizes incorrectly.
- Note the eye that appears to be suppressed (e.g., “only saw green target” or “only red target”).
- Repeat with lenses swapped on a later day if you want to rule out a strong eye preference or coloring issue.

When to refer

Refer to a developmental optometrist or pediatric ophthalmologist when any of the following are present:

- Consistent suppression of one eye across two or more screening tasks
- Inability to fuse overlapping targets despite prompting
- Poor localization / pointing to one side of the actual target
- Reports of dizziness, headache, or eye strain during the activities
- Functional complaints in class (losing place, avoiding near work, closing or rubbing one eye)

Tip: Pair these findings with the VPA Fast Screen or full VPA for a broader visual-perceptual picture before referral.

Screening 1 — Suppression Check

Ask: “Look at each pair. Do you see one or two? What color is each?” If the student only reports one shape, they may be suppressing the eye that should see the other color.

Record per row

Row 1: ___ red shapes seen · ___ green shapes seen · Both seen? ___ Yes ___ No

Row 2: ___ red shapes seen · ___ green shapes seen · Both seen? ___ Yes ___ No

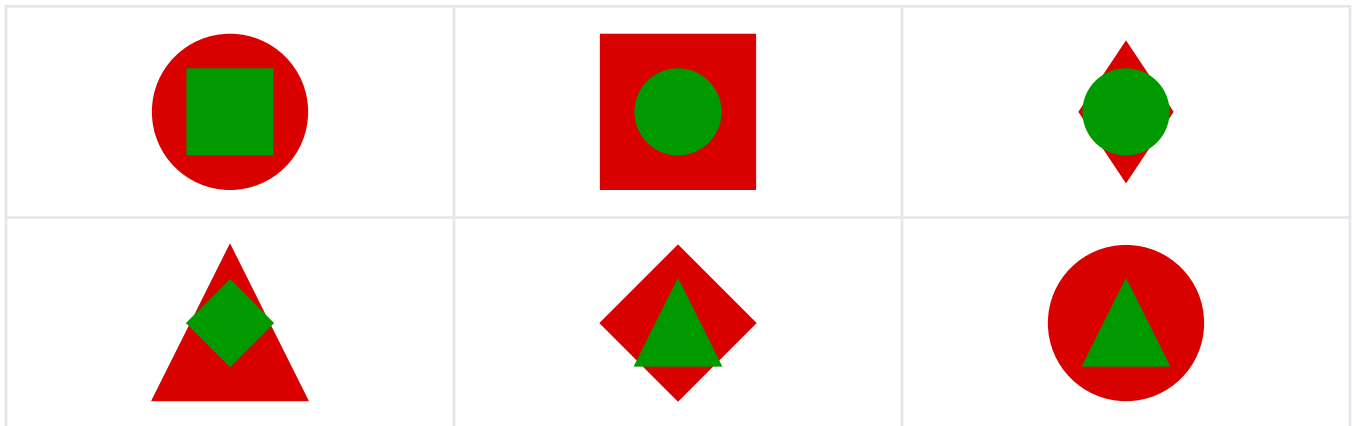
Row 3: ___ red shapes seen · ___ green shapes seen · Both seen? ___ Yes ___ No

Row 4: ___ red shapes seen · ___ green shapes seen · Both seen? ___ Yes ___ No

Note: If the student reports seeing the whole grid in one color only, the lens opposite that color may be suppressed. Swap lens orientation and re-test on a different day if needed.

Screening 2 — Fusion Check

Ask: “What do you see when these two pictures overlap?” The red target is seen by one eye; the green target by the other. A student with functional fusion should report a combined or overlapping image.



Student response

Target 1: Reports one shape ____ two shapes ____ combined shape ____

Target 2: Reports one shape ____ two shapes ____ combined shape ____

Target 3: Reports one shape ____ two shapes ____ combined shape ____

Target 4: Reports one shape ____ two shapes ____ combined shape ____

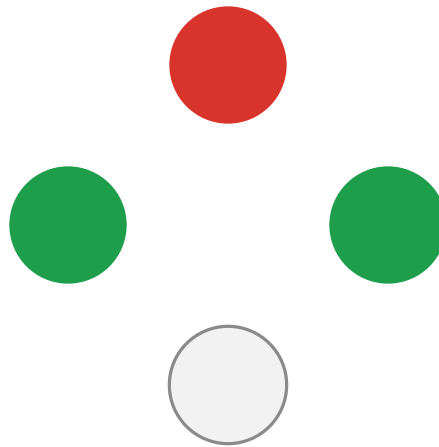
Target 5: Reports one shape ____ two shapes ____ combined shape ____

Target 6: Reports one shape ____ two shapes ____ combined shape ____

Clinical note: A fused response (“I see a red star on top of a green square”) is ideal. If the student alternates or only sees one color, note which eye is dominant and whether suppression is suspected.

Screening 3 — Worth 4-Dot Check

Ask: "Look at the diamond of dots and tell me how many you see, and what color each one is."
The student wears the red/green glasses in the orientation recorded on the score sheet. This is a functional Worth 4-Dot check: it tells you whether the student is fusing, suppressing one eye, or seeing double at this working distance.



Top dot printed red · side dots printed green · bottom dot printed neutral gray

How to interpret the student's report

Sees 4 dots	Fusion — both eyes are being used together. Bottom dot may look reddish, greenish, or mixed depending on eye dominance.
Sees 2 dots (both red, one on top of the other)	Green-lens eye is being suppressed. Note which eye is behind the green lens on the score sheet.
Sees 3 dots (all green)	Red-lens eye is being suppressed. Note which eye is behind the red lens on the score sheet.
Sees 5 dots (2 red + 3 green, separated)	Diplopia — no fusion at this distance. Note horizontal (uncrossed / crossed) or vertical separation.
Answer switches (alternates between 2/3/4/5)	Alternating suppression or unstable fusion. Record what triggers the switch (fatigue, distance change, blinking).

Record

Testing distance: ____ in (near, ~16 in) ____ ft (far, ~10 ft)

Number of dots reported: 2 · 3 · 4 · 5 · alternating

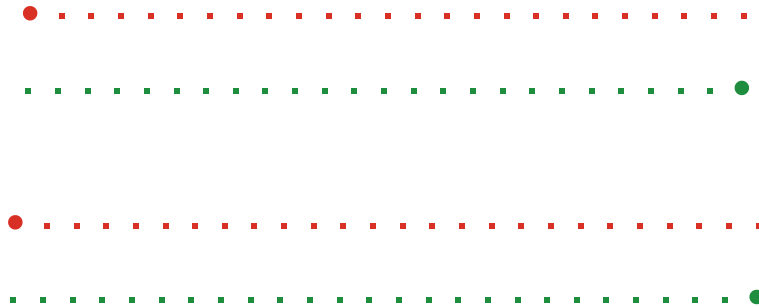
Perceived color of bottom dot: red · green · mixed / muddy · not seen

Suppressed eye (if any): right · left · neither

Score: P · Q · F Clinical note: _____

Practice 1 — Anti-Suppression Tracing

Give the student a pencil or marker. Ask them to trace the red path with the eye that sees red, and the green path with the eye that sees green. To trace both accurately, the brain must use input from both eyes. Use this as a warm-up before near-work tasks.



Clinician notes

- Watch for the student ignoring one line entirely (suppression).
- If tracing is messy, enlarge the page or use a wider marker.
- Praise accurate two-line tracking and ask the student to describe what each eye sees.

Practice 2 — Find-and-Circle

Ask: “Find all the red circles and all the green squares. Circle each one.” This activity encourages simultaneous use of both eyes and can reveal suppression when one color is consistently missed.

Scoring key (for clinician use)

Red circles found: ____ / 32

Green squares found: ____ / 16

Missed color: ____ Red only ____ Green only ____ Both missed equally



Practice 3 — Bilateral Reading Warm-ups

These short lines are printed so that red text is seen by one eye and green text by the other. Fluent reading requires both eyes to contribute. Use the grade-appropriate line below. Note: The 4–6 year-old line uses simple sight words; older students use longer phrases.

Age 4–6 (emerging reader)

cat dog run jump big red sun fun

Age 7–10

The quick brown fox jumps over the lazy dog.

Age 11+

Binocular vision allows both eyes to work together for clear, comfortable reading.

Observations

- Reads smoothly without skipping words: ___ Yes ___ No
- Loses place or skips one color channel: ___ Yes ___ No
- Reports text is blurry, double, or uncomfortable: ___ Yes ___ No
- Reading time (optional): ___ seconds



Score Sheet & Referral Note

Student initials: _____**Date:** _____**Grade / age:** _____**Examiner:** _____

Lens orientation used today: ____ Red on right eye / Green on left eye ____ Red on left eye / Green on right eye

Task	Pass (P)	Questionable (Q)	Fail (F)	Eye notes / comments
1. Suppression Check				
2. Fusion Check				
3. Fixation & Localization				
Practice 1: Tracing				
Practice 2: Find-and-Circle				
Practice 3: Bilateral Reading				

Overall impression & next steps

VISUAL MINDS

Referral recommendation: ____ No concern at this time ____ Re-screen in ____ weeks ____ Refer for binocular vision evaluation

Keep this score sheet with the student's educational record. Do not use this packet as a substitute for a comprehensive eye exam.