

Red / Green Glasses

Intervention Worksheets

Printable activity sheets for OTs — use directly with the student and their red/green anaglyph glasses. No prep or extra materials required beyond a pencil and (for a few sheets) a red or green crayon.

Worksheets in this packet

- 1. Anti-Suppression Letters — read the mixed red/green rows aloud
- 2. MFBF Tracing — trace one color path with the opposite-color pencil
- 3. Red/Green Maze — two overlaid mazes; complete each in turn
- 4. Vergence Ladder — fuse red+green pairs at increasing separation
- 5. Bilateral Reading Passage — alternating red/green words
- 6. Dot-to-Dot Fusion — connect numbered red/green dots in order
- 7. Near / Far Anti-Suppression — two charts, alternating gaze
- 8. Pursuit Rings — trace concentric red and green circles
- 9. Session Log — track dose, response, and functional carryover

How to dose

- 5–7 minutes per session, 2–3 sheets per session.
- Stop immediately if the student reports headache, nausea, or eye pain.
- Rotate sheets weekly to keep novelty and observe generalization.
- Pair one sheet with a functional task (handwriting sample, oral reading fluency, worksheet copying) to see carryover to occupational performance.

1

Anti-Suppression Letters

Both eyes online while reading

How to use: Wear glasses. Read each row aloud left→right. Any letter the student omits or hesitates on is a suppression cue — note the color.

M A T F O G S U N B I D K E Y L O W
 P I N C A B H U T R O D G E M F I X
 T O P J A R W E D S I P B U N L A G
 H E N V A T M U D R I G P O X C A B
 S I T W O K P E G B U D F A N H I P
 C O T M A B D U N R A Y F I G L O B

Row(s) with misses: ____ · Dominant missed color: RED / GREEN · Time: ____ sec

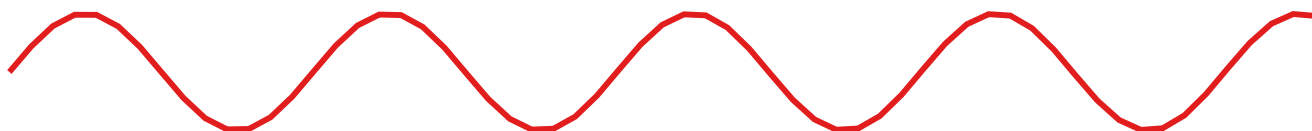
2

MFBF Tracing

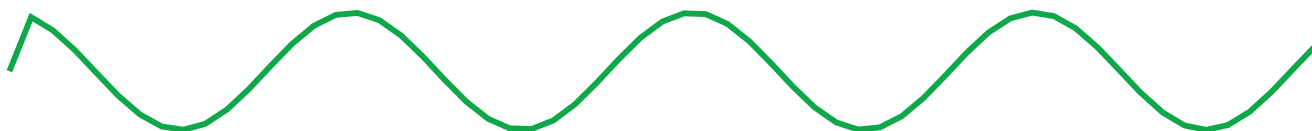
Monocular Fixation in a Binocular Field

How to use: Wear glasses. Give student a GREEN pencil/crayon; ask them to trace the RED path. Then swap: RED pencil traces the GREEN path. If tracing drifts off the line, the corresponding eye is dropping out.

Red path — trace with GREEN pencil



Green path — trace with RED pencil



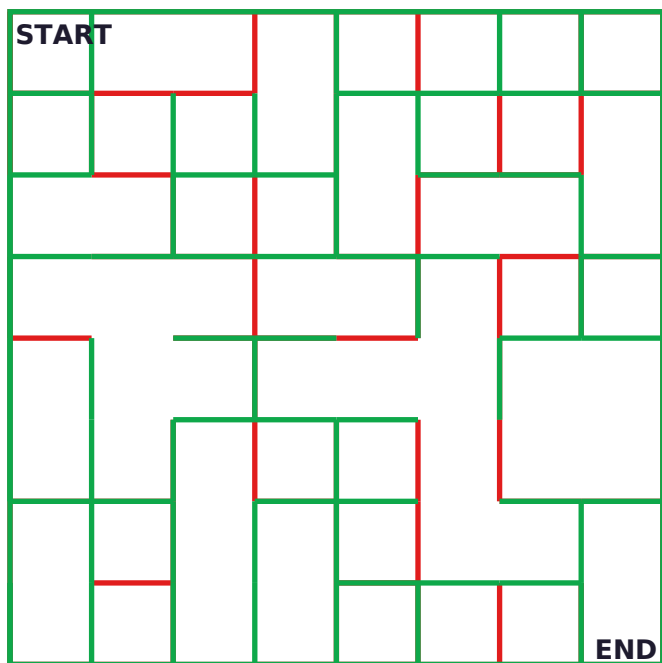
Off-line events: ____ · Which trace failed first? RED path / GREEN path

3

Red/Green Maze

Selective attention + anti-suppression

How to use: Wear glasses. Complete the RED maze first with a pencil (start top-left → end bottom-right), then the GREEN maze. Then repeat in the opposite order.



Completed both mazes without lifting glasses? Y / N · Which color harder? ____

4

Vergence Ladder

Graded convergence demand

How to use: Wear the red/green glasses with the RED lens over the RIGHT eye and the GREEN lens over the LEFT eye. Hold the sheet at normal reading distance (~16 in / 40 cm). Look at Row 1 first: the two dots are aligned on the center line, so they should look like ONE blended dot. Now move down row by row. Each row moves the dots farther apart, so the eyes must converge more to keep the two dots fused into one. The student says STOP when the dots split into two, one color disappears (fades), or the eyes feel strained. Record the last row where the dots still looked single. Tip: the green dot is on the left and the red dot is on the right; if the student sees the colors reversed, check the glasses are on the correct eyes.

Glasses: RED lens over RIGHT eye · GREEN lens over LEFT eye

Row 1

baseline (aligned)

Row 2

separation: 10 pt

Row 3

separation: 20 pt

Row 4

separation: 30 pt

Row 5

separation: 40 pt

Row 6

separation: 50 pt

Row 7

separation: 60 pt

Row 8

separation: 70 pt

Last row fused: 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · Break type: split / suppressed color (R / G) / strain

5

Bilateral Reading Passage

Reading endurance with both eyes online

How to use: Wear glasses. Read the passage aloud. Any word skipped or substituted flags a suppression event — note the color of the missed word.

The quick brown fox jumps over a sleepy dog while three small birds watch from the tallest branch of the old oak tree in the warm morning sun by the pond edge where reeds bend gently in a steady breeze that carries the scent of fresh cut grass across the field toward the little red barn at the end of the lane.

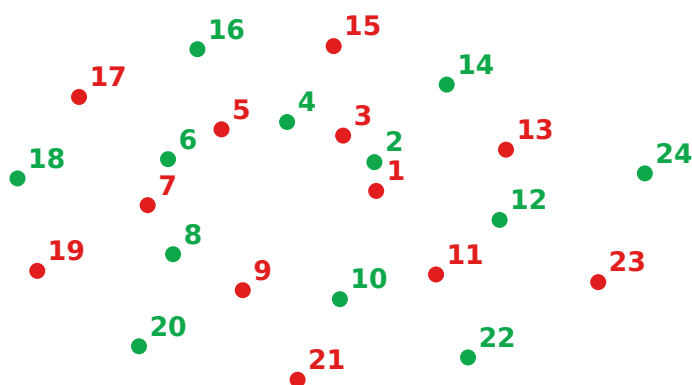
Words missed: ____ · Missed color pattern: RED-mostly / GREEN-mostly / mixed · Time: ____ sec

6

Dot-to-Dot Fusion

Sequencing + binocular integration

How to use: Wear glasses. Connect dots 1 → 24 in order with a pencil. Missed numbers are almost always suppression events — watch which color the student ‘doesn’t see.’



Dots skipped: ____ · Which color skipped more? RED / GREEN / equal

7

Near / Far Anti-Suppression

Accommodative facility with binocular demand

How to use: Tape the FAR chart to a wall about 10 ft away. Hold the NEAR chart at reading distance. Wearing glasses, student reads one letter near, one letter far, alternating for 60 seconds.

NEAR (hold at reading distance)

H	Y	X	E	P
Z	V	Y	C	Z
A	V	K	X	H
G	V	X	X	V
R	E	H	E	W

FAR (tape to wall ~10 ft)

R	A	C	F	Y
B	M	A	K	V
Z	R	S	R	Y
T	E	P	D	B
E	V	G	K	S

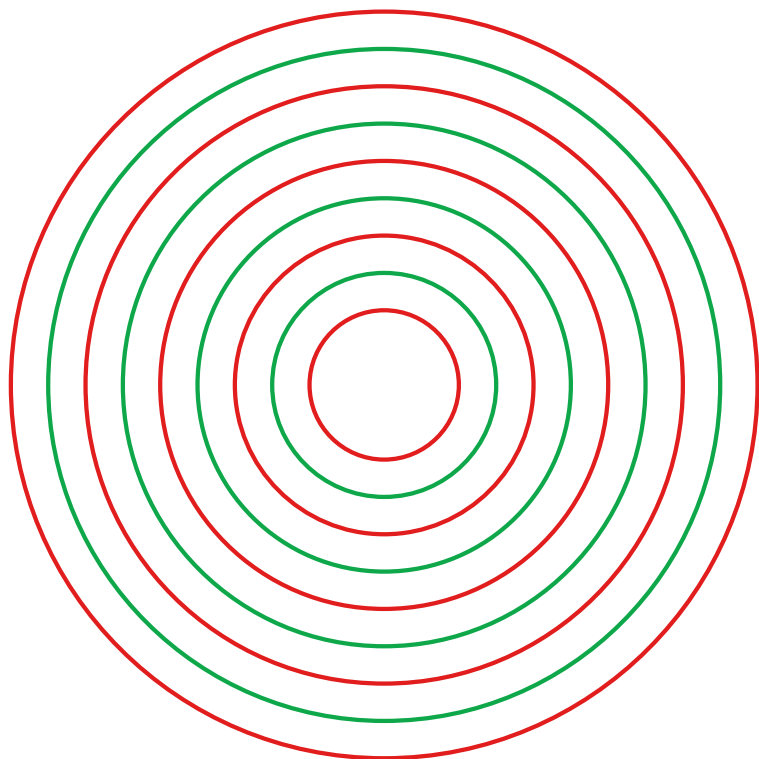
Total letters read (60 s): ____ · Errors near: ____ · Errors far: ____

8

Pursuit Rings

Smooth pursuit without suppression

How to use: Wear glasses. Starting on the outermost ring, trace all the way around with a pencil, then step inward to the next ring, alternating red and green until the center.



Rings completed without break: ____ / 9 • Color that lost tracking first: ____

Sheet 9 • Session Log

Track dose, immediate response, and — most importantly — the functional carryover you observe (handwriting legibility, reading endurance, line tracking, copying accuracy).

Date	Sheets used	Time (min)	Response / observations	Functional carryover