

# Be alert to vision fatigue

Vision fatigue makes it more difficult for students to learn.

- ✓ Alternate activities that rely on vision with activities that don't.
- ✓ Minimise the need to flick between near and distance work.
- ✓ Encourage students to look up and into the distance to relax their eyes after reading.
- ✓ Encourage older students to use quiet spaces and rooms for self-managed breaks.
- ✓ Give students extra time.

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