

## Go Moo! Anti-Suppression Playing Card Instructions

These cards consist of farm animal characters in four different color variations. These cards are designed to be used with red/green anaglyphic filters and provide good retinal rivalry for enhancing your binocular vision training. A behavioral optometrist may prescribe lenses or prisms to further enhance the visual training experience.

This set of cards contains 52 cards, which allows for a large variety of activities. The activity suggestions presented here are not meant to be an official training program but provide you with valuable training procedures and spark your own creativity to develop activities for whomever you are treating.

### Ocular Motility Training (Tracking Skills):

1. Card Searching
2. Card Tracking
3. Card Saccades

### Accommodation Training (Focusing Skills): Near-Far Focus

### Visual Perceptual/Visualization Training (Visual Information Processing Skills):

1. Concentration
2. Visual Sequencing
3. Visual Memory Tracing
4. Visual Closure Training - Direct Match

## Go Moo!

### Game Rules

- Players make sets of four farm animals of the same kind by asking for cards from other players. Players can ask for cards by the numbers, located in the upper left and lower right corners, or by the names of the farm animals.
- Before a player asks for a card, the player must have a matching card in his or her hand.
- If a player has a card that another player asks for, that player must give it to the other player. If that player does not have the card, that player must say, "Go Moo."

### Directions

1. Shuffle the deck and deal five cards to each player. Put the rest of the deck facedown in the center for the "farm."
2. Players arrange their hands and lay any sets of four face up in front of them.
3. The player to the dealer's left starts the game by asking another player for a certain farm animal.
4. If you have the card asked for, give it to the player. If you don't have the card, tell the player to "Go Moo." The player then draws a card from the "farm."
5. Players keep their turn as long as they keep getting the farm animal card they ask for.
6. When one player runs out of cards, the game is over. The person with the most sets of matching farm animal cards wins.

### For Young or New Players

- Do not use the whole set of cards. Choose six or seven sets of cards to use.
- Lay down pairs instead of sets of four.
- Let non-readers ask for a card by showing it to the person they are asking.