

Find Your Blind Spot

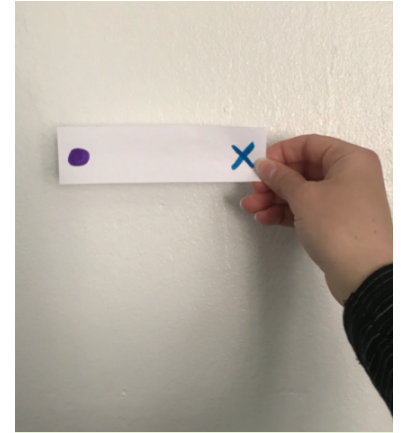
Can you find your blind spot? The retina in your eye senses light and transmits visual signals to the brain through the optic nerve. Your blind spot is the one area on your retina where the optic nerve connects—and where your retina cannot sense light or see!

Materials needed:

- Unlined Paper
- Marker

Step-by-step instructions:

1. On a blank piece of unlined paper, draw an O on the left side and an X on the right side
2. Cover or close your right eye
3. Hold the piece of paper in your left hand at arm's length
4. Focus your left eye on the X
5. Slowly move the paper toward your face (keep focusing on the X but be aware of the O)
6. At a certain point, the O will disappear from your vision—this is your blind spot!



Additional explorations:

Now that you have found your blind spot, you might be wondering why you don't notice this hole in your vision every day. Simply put, our brain uses learned information to fill our blind spots.

See for yourself! Perform the same test outlined above, but this time draw two horizontal dashes on the paper instead of an O and X. When you locate your blind spot, the dashes will look like one solid line. This is because your brain is making a guess and filling in the visual information for that spot.

Discussion questions:

- Was it hard to find your blind spot?
- Do you normally notice your blind spot? Why or why not?
- What did you find was most surprising about this activity?