

Daily Eye-Exercises for Elementary and Middle School Children



1. Massaging the Inner Eyebrows (Heavenly Accord Point)

Place the tip of the thumbs into the fleshy part in the upper corner of the eyes, right underneath the eyebrows, then rub both sides equally, gently pressing upward and in toward the nasal bone. The other four fingers of the two hands rest lightly on the forehead. Make calm, circular movements with all fingers and lightly massage the area, not pressing too hard. One massage circle is one round. Repeat eight times eight rounds for a total of 64 turnings, going in both directions.



2. Squeezing the Inner Corners of the Eyes (Pupil Point)

With the thumb and index finger of either the right or the left hand gently squeeze the right and left inner corners of the eyes on the sides of the nose. First push down, then squeeze up. One push and squeeze make one round. Repeat for eight times eight rounds, going in both directions.



3. Massaging the Upper Cheekbones (Four Whites Point)

Place the index and middle fingers of both hands on the bony hollow of the upper cheekbones right underneath the eyes and to the right and left of the nostrils. Place the thumbs on the mandibles, that is, the bones to the right and left of the chin. Now, release the middle fingers and bend them together with the other fingers to rest lightly against the lower cheeks. Gently circulate the index fingers to massage the bony hollow of the upper cheekbones. Massaging once up and down is one round. Repeat for eight times eight rounds.



4. Rubbing the Temples and Upper Eye Sockets (Great Yang and Related Points)

Place the tips of the thumbs on the temples and use the knuckles of the index fingers to rub all around the eyes. Rub first up, then down, lightly massaging both above and below the eyes to hit the various pressure points in the area. Count to four as you do one full up and down circle. Repeat for eight times eight counts or a total of sixteen circles.

GENERAL REMARKS

These eye exercises grew from Chinese traditional medical theory and acupressure massage in conjunction with the insights of sports medicine. Doing them regularly helps release eye strain and fatigue, increases blood flow to the eyes, improves the eye nerves, and nourishes the visual apparatus. If done with diligence and persistence, they moreover help to maintain healthy vision and prevent nearsightedness, or if nearsightedness is already present keep it from getting worse. The exercises are best done twice daily, once in the morning and once in the evening. They take about ten minutes to complete.

Before undertaking these eye exercises, make sure your hands are clean and your fingernails short. While doing them, pay attention to the following three points:

1. Keep both eyes firmly closed, the facial muscles relaxed, and your attention closely concentrated.
2. Place the fingers accurately on the indicated points and allow the finger pressure to begin lightly and get stronger as you go along, so that you can feel an engagement in the points massaged.
3. If there is any inflammation in the eyes or skin problem in the facial area, stop the practice until you have fully recovered.