

## Colour reading slider (1/2)

### Brief description

The visual stress caused by printing text in black on a white background (on paper or computer) can lead to several problems: headaches, eyestrain, skipping a line or confusion in the reading of certain words. ... A simple coloured clear plastic slide makes it easier to read the text.

### Observation place(s)

This method is used in English schools. It was presented to the participants of the journey to England by Mary Noon of the British Dyslexia Association.

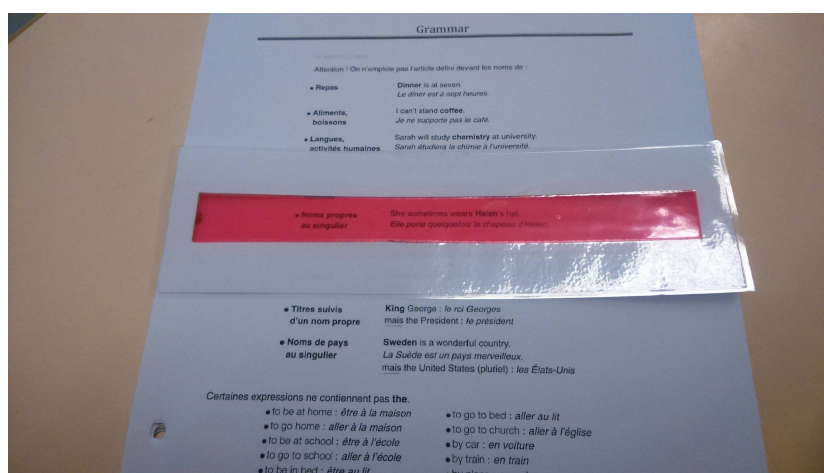
### Objectives

Make the reading of printed texts easier, especially for people with dyslexia but also for others.

### Links with school subjects and skills

All school subjects are targeted - good practice related to reading texts.

### Implementation

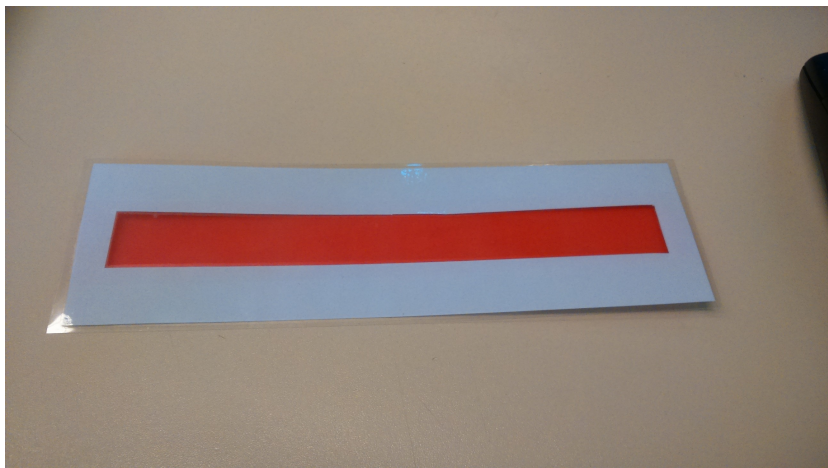


The use of a reading slider allows the eye to focus on the text underlined by the reading guide. Using the colour transparency allows the text to appear "frozen". Try it and adopt it !

The student chooses the colour that suits him/her best. We've noticed that choices are most often focused on three light colours: purple - green - blue.

The ruler can easily be made by cutting a window into a rectangular piece of cardboard. On the back, a strip of coloured plastic (cut out of a coloured A4 pouch sold in stationery shops or a transparent coloured interlayer) will be glued.

## Colour reading slider (2/2)



To avoid damaging it, you can put it in the laminator. You can also choose to use an A4 or A5 colour sheet to read a text without using the ruler.

Some people just like to change the background colour, for example when reading a paperback book. That's why it can be useful to change the format. It has been proven that a dark blue text on a cream or salmon coloured sheet is more conducive to a comfortable reading.

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