

## Stroop Test

- Rescue Drill
- Training Drill

### Systems Impacted:



### Structures/Nerves Stimulated:

Retina, Optic Nerve (CN II), Thalamus, Optic Projections, Visual Cortex (Occipital Lobe), Temporal Lobe, Frontal Lobe

### Setup:

- Sit or stand comfortably

### Cues:

- Practice for 30, 45, or 60 seconds at a time
- Stop the drill if there is any headache or other threat response

### Action:

- Read across the rows or down the columns, saying out loud the color “ink” the word is printed in, and NOT the word that is actually written.

### Modifications & Progressions:

- Place the chart to the left, to the right, up, or down from the eyes.
- Add a metronome to challenge the speed of processing & response
- Add movement as multitasking for a bottom-up person