F N P V D T C Н E K E Z В 0 R X M F P E T Н W В K Α S В X F R Т 0 M C V S X R Α D V P E Т 0 M P 0 Ε Α N C В K F C R G D В K E P M Α F X P S M Α R D L G M X S U Α 0 G В S C Н 0 N Т K U Z L

Adapted after W. Heart, 1961.

O F N P V D T C H E
Y B A K O E Z L R X
E T H W F M B K A P
B X F R T O S M V C
R A D V S X P E T O
M P O E A N C B K F
C R G D B K E P M A
F X P S M A R D L G
T M U A X S O G P B

Read three letters from the hand held chart, say them aloud in your mind, and then shift to read and say aloud in your mind the next 3 letters from the wall chart. Keep varying the routine to keep it interesting.

Move further away when the letters become clear.

OFNPVDTCHE Y B A K O E Z L R X ETHWFMBKAP BXFRTOSMVC RADVSXPETO POEANCBKF CRGDBKEPMA FXPSMARDLG T M U A X S O G P B HOSNCTKUZL