0	F	N	P	V	D	Т	C	Н	E
Y	В	A	K	0	E	Z	L	R	X
E	т	н	W	F	M	В	K	A	P
В	X	F	R	т	0	S	M	V	C
R	A	D	V	S	X	P	E	т	0
M	P	0	E	A	N	С	В	K	F
С	R	G	D	В	K	E	P	M	A
F	X	P	S	M	A	R	D	L	G
Т	M	U	A	X	S	0	G	P	В
н	0	S	N	C	Т	K	U	Z	L

Adapted after W. Heart, 1961.

O F N P V D T C Y B A K O E Z L	н в	
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	т с)
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	è
T M U A X S O G	P E	3
M P O E A N C B	K	F

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. As a variation you can first read letters from the small chart, then the medium one and then the wall chart.

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