



PROGRAMS FOR EXCEPTIONAL CHILDREN OCCUPATIONAL THERAPY

VISUAL PERCEPTUAL/ VISUAL MOTOR SKILLS

Visual perceptual skills help children obtain and organize visual information from the environment and interpret what they see. Visual perceptual skills may or may not include motor involvement. When motor skills are included it is known as visual motor or eye hand coordination and it includes bilateral coordination. Eye-hand coordination uses the eyes to direct attention and the hands to execute the task. Bilateral coordination is the ability to use two hands to complete a task. It can be two hands doing the exact same thing or both hands doing different things at the same time.

Eye Hand Coordination/Bilateral Motor/Visual Perceptual Activities:

- Use scissor to cut out art project, magazine picture or coupons
- Throw and catch different size balls
- Use plastic/ whiffle bat to hit ball or racket to hit tennis ball
- The game Etch-A-Sketch
- Put together Legos/Bristle Blocks following design pattern from visual model
- Use both hands on a squirt bottle and squirt water at a target (use sidewalk chalk and make dots/lines/shapes on patio, on tree trunk, etc.)
- Play card games ex; war or concentration (have child deal cards)
- Sort cards(match colors, suit, numbers)/deal out cards
- Set the table (place small dots where plates, cups, napkins, utensils go)
- Sort and match socks
- Follow the flashlight in the dark (two flashlights, one person has to follow the other person's flashlight)
- Stop rolling ball with a cup
- Paddleball
- Alphabet/number mazes
- Place coins in a bank
- String beads
- Trace mazes or letters
- Color/paintLace cards
- Push/Pull small pop beads
- Draw small circles while stabilizing paper with alternate hand
- Fasteners on a dressed up stuffed animal

- Wind up a toy
- Untwist/twist a lid on a small container
- Juggle soft objects
- Throw a ball up in the air and clap then catch the ball after clapping
- Manipulate small nuts and bolts

Non-motor Visual Perceptual Activities:

- www.eyecanlearn.com
- Compare/contrast similar pictures
- Where's Waldo?
- Locate requested letters in a word search