

Visual Motor Coordination

Vision is our dominant sensory system. It is naturally used as the first system to acquire information and acts as the foundation for our learning. When visual skills are underdeveloped, an individual can be slow to respond to their environment and their confidence to participate in activities can be affected. Some studies show that spending time on eye-hand coordination activities reduce the risk of visual difficulties with academics. The following list contains simple, fun, everyday activities that will promote the development of visual motor (eye-hand) coordination:

- Sorting and Matching – sort by category and match objects, colours, shapes, letters, numbers, etc.
- I Spy, Where's Waldo, Hidden Pictures
- Spot the Difference Pictures, Word Searches
- Games of: Memory, Concentration
- Complete Mazes, Dot to Dot, Colour by Number
- Puzzles
- Bead stringing, lacing cards
- Complete the drawing, Copy the design
- Cutting activities
- Tic Tac Toe, Connect 4, Othello
- Target sports – horseshoes, darts, bowling, croquet, basketball, soccer
- Bat and Racquet sports – tennis, badminton, t-ball
- Feely Game – hide objects in a container (it can be filled with beans or rice for an added tactile experience). Match objects from the container to the sample objects or pictures of those objects
- Magnet Games – use a magnet above or below a tray, move an object around a trail
- Wind Power Games – use a straw or flexible tubing to blow light objects (ping pong ball, cotton ball) through a maze or blow little boats across a bucket of water
- March and dance to the rhythm of music using coloured scarves, feathers and streamers
- Volleyball – use a balloon to make it easier
- Zoom Ball
- Popping Bubbles, Flashlight Tag
- Mosaic Tiles, Geoboards, Parquetry Blocks
- Lego, K'nex, and other building toys
- Making and following a map
- Put a row of objects in a certain order. Have the child study the row, then mix it up and see if he/she can put them back in the correct order
- Draw a design on the ground or on a chalkboard. Erase or cover it and ask the child to remember (and copy) it
- Reveal the secret of 'magic cups'. Take 3 cups, upside down and place a candy/object under one of them. Teach the child to track the target cup while you slowly move them around. As the child gets better, go faster