

Visual Motor Skills/Eye Hand Coordination

Visual motor skills can be worked on by engaging in activities that require the child to visually attend and use his/her hands in an accurate way. Here are some fun games and table-top tasks for you to try at home:

- Salt tray: line the bottom of a rectangular container or box with colored construction paper at the bottom and fill it with a thin layer of salt (or sand). You can use this to draw lines and shapes then have your child trace. Draw with your finger or with a stick.
- Clay tray: use an old cookie sheet with a shallow lip or flat plastic container with a lid. Spread a thin layer of modeling clay (filling the entire tray). Use golf tees to draw in the clay (make lines, play tic-tac-toe, happy face) □
- Play with soap foam or shaving cream on a tile/bathtub wall or mirror
- Use popsicle sticks to imitate or make shapes or letters on colored construction paper
- Imitate or make shapes on a pegboard or Lite Brite board
- String colored beads with a pattern
- Play or imitate designs using Legos, Lincoln Logs, or other linking toys
- Sidewalk chalk with stencils
- Balloon games: balloons move in slow motion and are easy to track. They come in different colors and shapes. For a younger child, start practicing catching a bigger balloon, then gradually reduce the sizes as skill level improves
- Lacing different lacing cards
- Coloring: first start with random coloring then color open shapes that only require straight strokes and allow large hand movements, gradually increase the complexity with compartments, angles, and curves, and decrease the size of the shape/figure to color as skill level improves

- Channeling (simple mazes): channeling is drawing a line between two guiding lines and is the prerequisite to tracing skills. Establish an entry point and a finishing point for young children and start with paths that are wide and straight then gradually change to narrow and curvy as the skill level improves
- Tracing: tracing requires visual tracking as well as pencil control skills. Start with finger painting tracing activities and straight, thick lines, then introduce curves or squiggles as the skill level improves
- Copying: when working on copying new shapes/figures, if difficulty occurs, have the child watch you draw the pattern in parts and then copy these parts accompanied by verbal instruction and kinesthetic assistance