

Integrated Community Paediatric Services Paediatric Occupational Therapy Service

Worksheet E

Visual Perceptual Skills

Area of Difficulty	Strategy	Tick when strategy has been tried and add comments.
<p>Visual tracking; For example, your child may experience difficulty watching and following objects with their eyes.</p>	<ul style="list-style-type: none"> – Use toys which are bright and colourful and move easily with play activities: for example, mobiles, windmills, coloured mirror, glitter paints, foil papers, fairy lights, a revolving mirror ball, bright mechanical toys, bubbles and balloons. – Blow bubbles and ask the child to watch and point as each bubble floats. Ask them to pop the bubble if they wish. – Choose visual action songs and nursery rhymes such as ‘Incy Wincy Spider’ or ‘Two Little Dicky Birds Sitting on the Wall’. – Talk and call the child’s name and encourage them to look towards you. Notice if he/she reacts differently in different lights, such as bright lights, dusky lights or in a dark room. – Encourage the child to look at what is going on in the room, for example, fish swimming in the aquarium or cats having their dinner. Also, when out in the park or in the car, encourage the child to look and watch what is going on. – Arrange the food on the plate in an interesting pattern such as a face or a train. <p style="text-align: center;"><i>*If you are concerned about your child’s vision, please contact your GP or optician*.</i></p>	
<p>Visual Discrimination (difficulty with the ability to recognise similarities and differences between objects). A child with poor visual discrimination may have difficulties with:</p> <p>a. Matching and sorting activities.</p>	<p>Visual Discrimination is the ability to recognise similarities and differences between objects. A child with poor visual discrimination may have difficulties with:</p> <ul style="list-style-type: none"> – Matching and sorting activities. – Finding clothes or shoes that match. – Learning alphabet. – Distinguishing between similar letters, numbers, symbols e.g. b and d. e. Letter formation. <p><u>Activity Ideas:</u></p> <ul style="list-style-type: none"> – I spy game. – Find similar/different objects in the room. – Sort junk box or toy box e.g. find all the bricks, find all the crayons, find all the blue objects. 	

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<p>b. Finding clothes or shoes that match. c. Learning alphabet.</p>	<ul style="list-style-type: none"> – Finding objects in a room that are a square shape, e.g. box, book, or all the objects that are round e.g. plate, apple. – Sort shopping e.g. all the tins, all the bottles. – Matching and sorting games – e.g. <ul style="list-style-type: none"> • Sorting beads according to colour, size, shape. • Sorting letter/picture cards. • Snap games. • Pairs. • Dominoes and Lotto. – Matching and naming letters. – Matching and naming numbers – reinforce with rhymes such as ‘one, two buckle my shoe’ and ‘1, 2, 3, 4, 5, Once I caught a fish alive’. – Make a scrap book of colours/shapes/objects. Child collects pictures from magazines for each category and then sticks on that page. – Spot the difference puzzles – encourage the child to describe similarities and differences between pictures and objects. – ‘What’s missing?’ pictures that require careful observation of details. ie simple puzzles. – Make three-to-five-piece puzzles using cards/pictures. – Construct pictures using cut-up shapes e.g. circles, squares, triangles and rectangles etc. – Reinforce concepts of biggest, shortest, longest, thinnest, less than, more than etc. 	
<p>Visual Memory (your child may have difficulties with learning, shapes, colours, letters and numbers).</p>	<p>Visual memory is the ability to remember a visual image of objects, symbols or movements. The child may have difficulties with learning, shapes, colours, letters and numbers.</p> <p><u>Activity Ideas:</u></p> <ul style="list-style-type: none"> – Observation walks – can children remember, for example, 4 things from the walk which you may have identified or pointed out or discussed. – On the spot observation games i.e., child is asked to cover their eyes and asked to recall e.g., ‘what the teacher is wearing?’ ‘What is on the chalkboard?’ etc. – Memory pairs games – use objects, shapes, letters or words. – Kim’s game – display several familiar objects on the table, ask the child to look at objects and 	

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	<p>remember them, cover them, remove one, and ask which one is missing.</p> <ul style="list-style-type: none"> – Book glimpse – open a small picture or story book to a given page and have the child scan it for a few seconds. Close the book and ask the child to find the correct page. <p><u>Ideas for games:</u></p> <ul style="list-style-type: none"> – ‘Bop It’ game. – Simon Game. – Dobble. 	
<p>Visual Spatial Relations; Visual-spatial perception provides us with information about our environment. Your child may bump into things, judgement of distance and height. A child may not know where to start writing on the paper.</p>	<ul style="list-style-type: none"> – Symmetry Patterns: Draw half of a simple picture (e.g. circle, square, and triangle) and ask child to complete the other half. – Jigsaw Puzzles- encourage the child to look at the picture and work out where the pieces go. – Brick designs (2.5cm cubes) with different colours; arrange them in different patterns and ask your child to copy the design. – Copy simple patterns made with straws, lolly sticks etc and progress to copy drawn patterns. – Copy simple peg board designs from another board. 	