

OCCUPATIONAL THERAPY DEPARTMENT

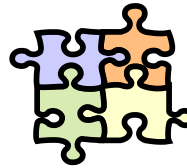
Visual Perception

Visual perception is the ability to interpret and understand what you see. Visual perception is more than just the ability to see accurately, it involves interpretation of visual information which occurs within the brain.

Visual perceptual skills impact many different areas of development and function including fine motor skills, gross motor skills, self-care, accessing play equipment and community access.

Suggested activities:

- Play matching games such as Bingo or Dominos which require you to look for a specific pictures or shapes.
- Find hidden pictures in books such as “Where’s Wally” or I-spy, complete basic word search activities.
- Jigsaw puzzles – encourage your child to look at the shapes and turn them around till they fit.



- Recognising dot to dot or incomplete pictures then joining the dots. Draw half a shape, half a letter, half a number, guess the complete form and then draw in the rest.
- Sorting activities – for example, mixing two or three different types of pasta and asking your child to sort these.
- Completing mazes such as pencil or finger mazes.
- Copying movements or body sequences with games such as “Simon says”
- Encourage throwing and aiming based games such as throwing a ball through a net or into a box, aiming a bean bag at skittles or tossing hoops.
- Construction-type activities such as Duplo, Lego or other building blocks. Encourage your child to copy designs you have built or use building cards with patterns to copy
- Threading beads or stacking blocks in a colour or shape sequence
- Blowing bubbles and popping them with fingers, then hand together



Together with you, in your local community