

Visual Motor Skills

Visual motor skills are the ability of the vision system to coordinate the information received through the eyes to control, guide, direct hands or feet to perform a task. This skill is required to catch/kick a ball, color in borders, handwriting, cutting skills, and manipulative skills.

Activities to develop visual motor skills:

- tracing lines and shapes on paper (with paint brushes, fingers, markers, crayons, etc)
- complete mazes without going outside of the lines
- outline a picture of an object to color, and have the child color
- have child close eyes, feel an object in their hand (eraser, penny, etc) and try to guess what it is
- dot-to-dot books
- play with toys that have pieces that "fit" together
- puzzles
- blocks to build towers and structures
- jacks
- throw balls at targets (laundry basket, garbage can)
- throw rings on sticks