

Visual Motor Skills

Visual motor skills are the ability of the vision system to coordinate the information received through the eyes to control, guide and 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