**Visual Perception Skills**

Website: <http://www.eyecanlearn.com/>

Lots of great eye activities to practice on especially try “tracking and eye teaming”

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| Concern | Ideas |
| To increase upper body coordination | Practice catching different size balls with one hand and both hands (can put ball on string for easier practice) |
| To increase upper body coordination | Practice hitting suspended ball with bat while stationary and then slowly moving |
| To improve visual tracking skills/bilateral skills | Use paper with numbers/letters on right and left sides. Have student practice reading letters/numbers from left to right down the paper. |
| To improve visual tracking skills/bilateral skills | Use index cards with numbers or short words. Have student read the items on the card while moving it in different planes approximately 12-24” away. |
| To improve upper body coordination | Crosswalk activity- walk while bringing right knee to left elbow and then left knee to right elbow |
| To improve visual tracking skills | Use pencil or a picture placed onto a popsicle stick held 12” away from face and have student track item in all directions (without moving head) and then bring item in slowly toward nose. |
| To improve upper body coordination/visual perception | Practice catching bean bag while lying on back |