

Visual Motor Skills/Eye Hand Coordination

Coordinated use of the eyes and hands together is often referred to visual motor skills. Eye hand coordination affects our ability to color, draw basic strokes and pictures, solve mazes and dot-to-dot pictures, write by hand, catch a ball, bat a ball, create art, put a puzzle together, tie our shoes, build with blocks, thread a needle and use scissors to name a few.

Activities to encourage visual motor development:

1. Draw straight vertical, horizontal strokes at a vertical surface (easel, whiteboard). Remember good formation patterns (top-down, left-right)
 - Start/stop strokes at the correct spots (no over/under shooting the target)
2. Connect pictures, letters. Draw strings on kites or balloons
3. Build, imitate simple shapes on board (o,+,□,/,＼,x,△...).
 - Build shapes using toothpicks, popsicle sticks, Wikki Stix ...
 - Draw with a hi-lighter for the student to trace over with a crayon or pencil.
4. With partner, student “draws” line, shape, number, letter on partners back using index finger. Partner has to draw that shape on paper/whiteboard.
5. Dot-to-dot – start/stop **on** dot, no over/under-shooting target dot
6. Mazes – don’t slip outside of boundaries. Increase difficulty by narrower path with more changes of directions
7. Create simple drawings by putting 2-3 shapes together to make a common object. (ie: circle and stick to make a flower or lollipop, a triangle and a square to make a house, series of circles with short lines off end circle to make a caterpillar)
8. Putting puzzles together
9. Lacing cards
10. Stringing beads – copy a pattern or create repeating pattern
11. Geo-boards – copy shapes and letters using rubber bands on geoboards
12. Draw around stencils. Use rulers to draw “straight” lines
13. Copy Litebrite or peg board designs
14. Letter/Word finds – cue students to work left-right, top-bottom. Initially start with finding and hi-lighting or circling certain letter(s). Then advance to finding hidden words.
15. Games - Connect 4, Jenga, Pick up Stix, Kerplunk, Perfection, Checkers, Tic-Tac-Toe, I-spy games