



Dr. Philip Nicholson's

VISUAL LEARNING CENTER

Fun, age-appropriate activities that you can do at home with your child:

To improve convergence and the ability to do close work:

- 1.** Provide craft projects that challenge and motivate your child. You can find many ideas at the website www.enchantedlearning.com/crafts/
- 2.** Play marbles, jacks, and other eye hand skill games.

To improve pursuit fixation, or the ability of the eyes to track and maintain attention on stable and moving objects:

- 1.** Play "I spy" or other visual games, like finding as many out of state license plates as you can, etc, while traveling in the car.

To improve saccadic vision {the ability of the eyes to jump and fix, the skill required for reading}

- 1.** Lacing, beading, coloring, and cutting activities.
- 2.** If your child enjoys drawing or painting, have him/her do so while standing at an easel.
- 3.** Weaving and sewing activities.

To improve visual discrimination:

1. Put together jigsaw puzzles, play Search a Word, and “Where’s Waldo?”
2. Have your child help you tidy up around the house and practice her sorting skills at the same time by sorting silverware and socks!
3. Both nesting and stacking toys promote pattern recognition - which is critical for learning shapes of letters.

Online Resources

For Visual Motor Skills:

- <http://iusd.org/eccl/documents/04ECLCNewsletterMar-Apr.pdf>
- <http://www.op97.org/special-education/documents/1FMactivities-final.pdf>
- <http://peds.lstnet.net/mainpagefiles/pdf/vfiles/visualmotor/VisualMotorStrategies.pdf>

For Ocular Motor Skills:

- <http://www.letstalk.org.au/pdf/visual-fixation-and-eye-movement-skills-for-children.pdf>
- http://www.marclandry.ca/Marcs_Sensory_Oasis/SPD_&_Handouts_files/SP-Developmental%20Activities.pdf (located on page 9)
- www.pinterest.com/moorevision/pursuits-tracking/

For All-Around Visual Processing Skills

- <http://www.bethpage.ws/admin/efarkas/Activities%20To%20Improve%20Visual%20Perceptual.pdf>
- http://www.playapy.com/wp-content/uploads/2013/10/b60ac7_d3748adc4cbacf-824f19ae69a71f541a.pdf
- <http://www.eyecanlearn.com>
- http://www.thevisiontherapycenter.com/discovering-vision-therapy/95-vision-friendly-holiday-gift-ideas-for-you-and-your-family?utm_content=10376633&utm_medium=social&utm_source=twitter

For Visual Memory Skills

- http://www.summit-school.com/OT_Cog_Perc_files/Visual%20Sequential%20Memory.pdf
- <http://www.letstalk.org.au/pdf/visual-sequential-memory.pdf>
- <http://visuallspatial.org/files/wholes.pdf>

Games

Visual Discrimination

- Space Faces from Educational Insights
- Spot It! by Blue Orange

Visual Discrimination - Figure Ground

- Animal Soup by Briarpatch
- Pix Mix by MindWare

Visual Matching

- ThinkFun Bug Trails by ThinkFun Jr.
- Blink Card Game by Mattell

Visual Memory

- Life on Earth Matching Game by Eeboo (5 to 7 years)
- Pixy Cubes by Blue Orange (5 to 7 years)
- Set the Family Game of Visual Perception by SET Enterprises (8 to 13 years)
- Q-Bitz by MindWare (8 to 13 years)

Fine Motor Skills/Hand Eye Coordination

- Tricky Fingers by Discovery Toys
- Topple by Pressman Toys
- Don't Break the Ice by Hasbro

Apps

Visual Discrimination

- MatchMatch HD (Unavailable on Android, Free on IOS)

Figure-Ground

- Mikado-Mania: Pick Up Sticks (Unavailable on Android, Free on IOS)
- Highlights Hidden Pictures Countdown (\$2.99 on Android, Free on IOS)

Anti-Suppression/Binocular Skills

- Lazy Eye Blocks (Free on Android, \$16.99 on IOS - requires red/blue glasses)
- Stereo Blocks (Free on Android, unavailable on IOS - requires red/blue glasses)