

HealthPoint

Rehabilitation Services • Health and Wellness

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A,B,C.....1, 2, 3.....

Visual Motor Integration is where the visual system speaks and interacts with our motor system when we do tasks. Hand and eye coordination is one important factor, but the other main factor is the ability to perceive what something is to help reproduce it (ex: line, shape, letter, number and words). Someone with delayed visual motor integration skills may demonstrate difficulty with copying simple lines, shapes, letters, numbers or words from a model because they may perceive it differently, such as upside down, turned or flipped. This can impact one's handwriting the most in a school classroom. Do you feel that your child struggles with copying lines, shapes or letters, or has your child ever told you these skills are hard for them? Well, I'm here to tell you your child can practice these skills to help build his or her confidence with them! Remember, practice makes perfect! Let me share some ideas with you!!!



1. Connect the dot activities
2. Maze activities
3. Tracing activities
4. Same vs. Different activities
5. Copying block designs
6. Pattern activities
7. Tangram activities
8. Balloon Volleyball
9. Dribbling a ball
10. Catching a ball

OTHER LINKS and GREAT ACTIVITIES TO TRY OUT:

FREE on Ipad: Squiggles

Broom, Broom

Tracing Lite

Dino Maze

FREE on Ipad/iPhone: Supermaze

3-D Race

iMazing

All About Shapes

Whizzy Kids

FREE on ANDROID: Skill GAME

<https://www.ot-mom-learning-activities.com/visual-motor-integration-activities.html#SimpleShapes>

<https://www.yourtherapysource.com/blog1/category/visual-motor/>

<https://www.amazon.com/slp/visual-motor-games/3ytrr5abahx43ee>

