

Occupational Therapy Tip Sheet VISUAL FIGURE-GROUND



What is visual figure-ground?

• Visual figure-ground is the ability to focus on important information that we see while ignoring other background information.

Why is visual figure-ground important?

- It allows us to find an object in a cluttered space.
- It allows us to see an image against a busy background.

How does visual figure-ground help children?

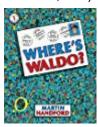
- Keeping on target when reading or copying from the board
- Finding a spoon in a drawer, shoe in the closet, toy in a toy box, etc.
- Seeing an object that has fallen onto a similar colored background
- Seeing words written over pictures, symbols on a map, etc.

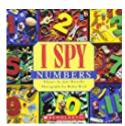
Practice some of the following activities to develop visual figure-ground:

Play games that require finding objects (I Spy, Where's Waldo?, etc.)









• Look for specific objects during a nature walk, for apples in a groceries flyer, for a ball in a toy catalogue, for a letter in a word search puzzle, etc.







(Hobbylark.com)

Complete jigsaw puzzles, colour-by-number drawings, or follow the path worksheets







(supersimple.com)