



VISUAL MOTOR ACTIVITIES

3945 Matchette Rd.
Windsor, Ontario N9C 4C2
T: 519.252.7281
Toll Free: 1.866.636.6666
F: 519.252.5873
www.jmccentre.ca

In order to successfully complete copying, drawing and printing, coordination between what the eye perceives and what the hand does is important. Here are some activities to practice visual motor skills:

Dot-to-Dots:

- Make sure that as they 'drive' their pencil from dot to dot, they touch all the dots. Use the hint 'the dots are like stop signs, make sure you stop on the stop signs!'
- If a dot has a corresponding number or letter, say the number or letter as the pencil touches the dot.

Mazes:

- Trace through the maze using finger first
- Move the pencil carefully – staying on the road – no hitting the walls ('crashing') and no turning the page during the task

Tracing:

- Start with thicker lines and simple line/shapes, progressing to thinner lines and more complex lines/shapes

Colouring within boundaries:

- Use a bright or bold marker to thicken the boundary line
- Use a raised boundary (hot glue gun, wikki stix)
- Don't allow the student to turn the page during the colouring task

Drawing a person:

- Encourage student to draw all the details on the head (ear, hair) and face (eyebrows, nose, eyelashes, mouth, eyes), and body (arms, five fingers on hands, legs, shoes/toes on feet)
- Look in a mirror before beginning to draw
- Sing "Head and Shoulders..." to cue body parts

Copy letters and shapes in a variety of mediums such as chalk, crayons, wet sand, shaving cream, finger paint, etc.

Ring toss game, ball and bean bag games, velcro darts

Pick-up sticks, Jenga®, marbles

Build with Tinker toys®, Lego®, blocks, copying from a model

Lite Brite® and other peg boards

Lacing cards, stringing beads

Pouring water from one container to another, pouring up to a tape-line (measured amount)