

Visual Motor Activities for Home

1. Batting a balloon, bouncing balls, catching balls (especially good if child can recite days of week, months of the year, alphabet, count, spell with each hit of the balloon, bounce or catch of the ball)
2. Jumping in patterns, example: once on right foot, twice on left, once on both
3. Mazes and hidden pictures
4. Rolling a ball and having child kick it
5. Tracing letter on child's back and have them tell you what letter it is
6. Dice games, word searches, and memory games
7. Drawing lines and circles simultaneously with both hands
8. Scavenger hunts and obstacle courses
9. Crossing out all the letter 'e's (or any letter) in a paragraph, on a cereal box, etc
10. Writing/drawing on a line with finger spaces between words
11. Batting a tether ball with hands, and bat or racket ball activities
12. Popping bubbles, try with only the first finger tip
13. Same and different games
14. Copying various designs with paper and pencil, blocks, etc
15. Games with directional or positional terms such as Simon Says or follow the leader
16. Tracing or dot to dot activities
17. Target shooting activities with bean bags, clothespins, balls, rings, etc
18. Two handed juggling
19. Identify items in a bag by touch without looking at them
20. Rolling small balls across a table and having the child stop them with their whole hand or make more difficult by having them stop them with one finger
21. Simon game, fishing games, poppers (toys you push down, wait to pop up, and catch)