

VISUAL PERCEPTUAL AND SPATIAL AWARENESS ACTIVITIES



In every moment, our bodies have to connect to our brain to help us understand where we are in space. Are we sitting? Are we standing? Are we moving? Are we stationary? Our bodies and brains have to perceive what each body part is doing separately, then connect the bits of information together as a whole, then interpret what exactly our bodies are doing at that moment and how they are doing it. This process requires sensory input, perception, integration, and continuous feedback of where our bodies are in space. We derive this sensory input from: vision, sensation, tactile perception, proprioception, and the vestibular system. The most important part is the utilization of this understanding of where our bodies are in space, to optimize how our bodies move in space. For example, you must know where your body is in space before you can control your hands to be able to write letters, your feet/legs can control how you walk, or your tongue can control how to move and position to be able to speak. Spatial awareness is a precursor to motor control.

Visual perception is an underlying skill set needed for spatial awareness. Visual perception is our body's ability to take in sensory input and information from the eyes, relay it to the brain, and then make sense of it. This of course requires visual acuity, which is one's ability to see accurately with or without correction (which an Optometrist helps with), and it also requires accurate visual tracking. Visual tracking is something that an OT can help with because it's a motor process. Visual tracking occurs when the muscles around the eyes connect with the brain and the muscles guide the eyes where they need to go to receive all the visual information the brain needs, or weed out the information that is distracting. One's accuracy with visual perception is improved over time with lots and lots of practice and "exercise" of those muscles, and engagement in the visual world we live in.

*what can we do to improve
spatial awareness?* ✨ ✨

TASKS THAT CHALLENGE
✧ OUR BODY TO SENSE
WHERE IT IS IN SPACE

TASKS THAT CHALLENGE
✧ OUR BODY TO CONTROL
MOTOR ACTIONS

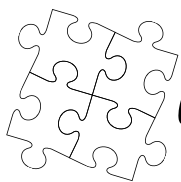
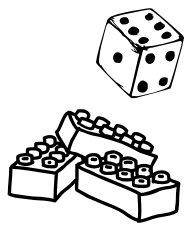
what improves visual perception? ✨

TASKS THAT CHALLENGE OUR BODY TO TAKE IN
✧ VISUAL INFO, PROCESS, MAKE SENSE OF IT
AND THEN TAKE ACTIONS BASED ON THAT INFO

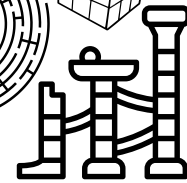
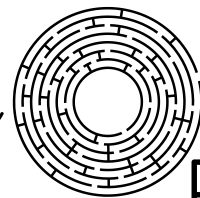
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what fun activities work on visual perceptual skills?



Be sure to adjust the challenge level to be age appropriate for your child e.g. mazes can vary in challenge level from preschool to high school level.

PUZZLES

- Interlocking Puzzles
- Brain Teasers such as Kanoodle/Kanoodle Jr.
- Rubix Cube and Similar Puzzles
- Mazes
- Where's Waldo and Similar Search + Find Sheets
- Crossword Puzzles



- Puzzles are an excellent way to build and strengthen visual skills, especially visual-perceptual skills.
- Puzzles and mazes can vary greatly in complexity and challenge level, which is great for finding the perfect "just right" challenge that will help build confidence while applying a challenge that strengthens skills.

- Building toys are an amazing way to utilize visual skills in a fun and exciting way (while also tapping into spatial awareness) and a child has no idea they are working on a challenging set of visual skills at the same time!
- Building toys and games are a win win for everyone



BUILDING TOYS

- Legos (especially good to have to follow directions and build according to directions)
- Magnatiles
- Marble Run
- Lincoln Logs



VISUAL PERCEPTUAL GAMES + TOYS

- Don't Rock the Boat, Don't Break the Ice
- Kerplunk, Tumblin' Monkeys
- Whack a Mole
- Yeti in my Spaghetti
- Spottington
- Simon Says game
- Connect 4 (all versions)
- Dances with steps such as the Macarena, Hokey Pokey or the YMCA



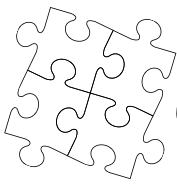
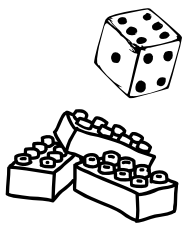
- Top Trumps games (all versions)
- Eye spy (all versions)
- Spot it
- Pictureka



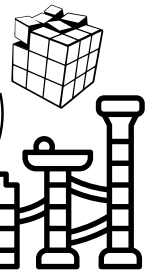
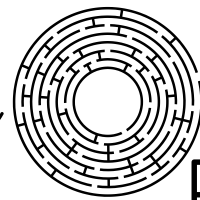
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VISUAL-SPATIAL ACTIVITIES

-Visual activities and games mentioned on the previous page are extremely helpful for building spatial awareness, we often start with visual activities as a base for building stronger spatial awareness.

-Visual activities that require fitting objects within a specific space are especially helpful. This can be as easy as a shape sorter toddler toy, and can be as complex as Kanoodle and other more complex spatial/visual challenge games.



-Puzzles like tangrams, pentominoes, and Soma cubes challenge individuals to visualize and manipulate shapes to fit specific patterns or designs, improving spatial reasoning and problem-solving skills.



EYES CLOSED

-Games and activities that add the challenge of doing something with your

eyes closed are excellent for building spatial awareness by adding the challenge of not getting to use vision to assist with spatial awareness. This is a great next level challenge after building stronger visual-spatial skills in combination. Think Marco Polo, sardines, and other classic blindfolded games.

SPATIAL CHALLENGES

-Games and activities that challenge a child to think about spatial elements and how those go together, how they affect one another, and how they will fit, are extremely helpful.

SPATIAL AWARENESS GAMES + TOYS

-Rush Hour

-Burger Balance

-Tetra Tower Stacking Game

-Kerplunk, Tumblin' Monkeys

-Yeti in my Spaghetti

-Simon Says game

-Dances with steps such as the Macarena, Hokey Pokey or the YMCA



-Kanoodle (all versions)

-Blokus

-Marble run

-Legos

-Jenga

-Pictionary, Telestrations or other drawing games

-Puzzles like pentominoes, rubix cube, tangrams, etc.

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