



Barnsley Children's Therapy Services

Generic Visual Perception Activities

Name:

NHS Number:

These are activities that involve awareness of position in space, form constancy, depth & distance & spatial relations. They help with skills like reading, writing & PE.

Try to do one or two activities every day for just a few minutes, to build up confidence & ability.

- Puzzles & pencil activities
 - Dot-to-Dot
 - Mazes
 - Spot the Difference / What's missing
 - Where's Wally' style books
 - Colouring geometric shapes
 - Noughts and crosses
 - Drawing around 'lazy 8' patterns

x	o	o
x	x	x
o	x	o

- Jigsaw Puzzles (Complete on a plain background)
- Construction/ model making (from a 'visual' instruction manual)
 - Lego
 - Air fix
- Table top games
 - Connect 4
 - Monkey balance
 - Stay alive
 - Guess who
 - Snap Card Games
- Ball skills/ GMS
 - Tapping a balloon up in the air to self or a partner
 - Rolling a ball to a partner or a target
 - Obstacle courses (over, under, through, around)



Contact Children's Therapy if further advice or information is required: 01226 644396