

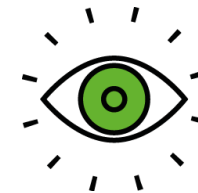
Our Details:

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Vision Seeking



Preschool



Barnsley Children's Therapy Services



What do we mean by visual seeking?

Someone who actively creates visual experiences (finds or creates things to look at) in everyday situations.

Does your child:

- Seek bright lights?
- Look at things out of the corner of their eyes?
- Watch repetitive movements – e.g., finger flicking / spinning objects?

For those individuals who **seek** sensory information, the aim is to **increase the intensity** of specific sensory experiences within daily activities i.e., provide opportunities to experience **more** visual information.

Ideas to Try:

Play / School Work / Concentration

- Use contrasting backgrounds to make objects stand out (bright coloured table cloth with white paper on for drawing/painting).
- Play with visual toys (lights / coloured images) kaliedoscopes; telescopes, rainmaker bubble, sensory tubes
- Use bright and spot lighting.
- Use torches in a dark room to 'find' objects or shapes or make animal shadows
- Light up drawing boards

Dressing / Grooming

- Include bright colours or bold patterns on clothing.
- Try coloured bubble bath, body wash, crazy foam or bath crayons to promote washing
- Use contrasting backgrounds to make objects stand out e.g. yellow placemat with blue crockery at meal times.
- Use visual timers and schedules to help organisation.
- Mirrors.

Ideas of things to make:

- Shaker toys (glitter / sequins).
- Spinners.
- Label drawers / cupboards with pictures.
- Kaleidoscope.
- Gel bags with objects or letters inside.

Remember sensory processing is complex.

Its different for every child (& adult) because everyone is unique!

And more importantly there is never a 'wrong' way to be!!