

VISUAL MOTOR SKILLS

EDUCATIONAL HANDOUT

What is visual motor skills?

Visual motor skills involve the hands and eyes working together and guiding movements to do an action.

Why is visual motor skills important?

Visual motor skills are important for coordination and eye-hand tasks. These skills help process what is seen to carry out an action, for the eyes tell the brain how to move and the brain tell the hands what to do. The skills are needed to correctly coordinate the body's movements, such as hands, legs, and feet, with what our eyes see. Visual motor skills are integral to daily tasks, such as handwriting, feeding, and playing.

What does research say?

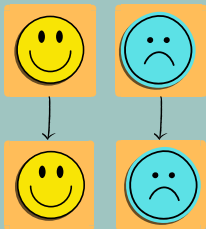
- Visual motor skills impact a child's learning, motor, organizational, and cognitive skills.
- For preschool children, visual motor skills impact more of their social and cognitive skills.
- For children aged 7-9 years old, visual motor skills impact more of their academic performance.

Visual motor skills are made up of several components. For example:

Visual Processing Skills

How the eyes move and take in information to perform an action.

Examples:



- Match items



- Complete puzzles

Visual Perceptual Skills

Understand what is seen.

Examples:



- Read

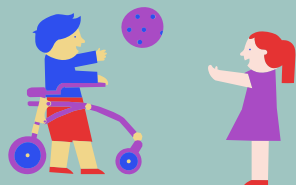


- Write

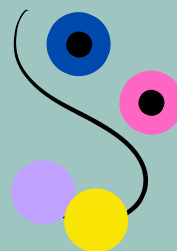
Visual Processing Skills

Eyes and hands work together for the hands to manipulate an item.

Examples:



- Catch a ball



- String beads

A child with visual motor problems may look like or experience:

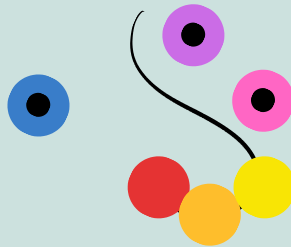
- Hard time copy drawings
- Struggle to form letters when writing
- Messy desk
- Struggle to catch or kick ball
- Struggle to cut on a line
- Turn head to read or write

The following are some examples of activities for a child to improve visual motor skills:

Play with balls, such as catch, throw, and kick



String beads



Jump rope



Copy block designs



Easy coloring pages



Copy simple dance moves



For more information or concerns about your child's visual motor skills, please consult your child's occupational therapist or contact your pediatrician. You may also refer to www.aota.org for additional information.

References

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