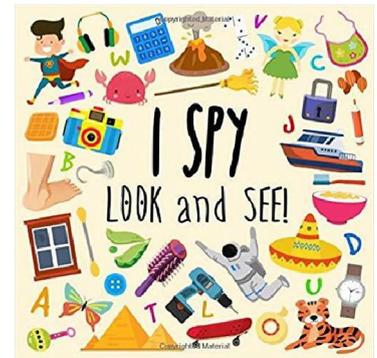
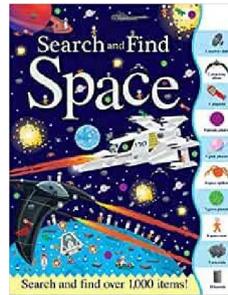


Activities to support visual stimulation at home

Scanning and Visual Discrimination

These activities will support use of vision to scan a page or area to find information. Finding specific objects and pictures helps the brain process what we are looking at and discriminate between different things.

- Search and find books, I Spy Books
- Hide and Seek with toys
- Kim's Game
- Memory card games
- Colour matching games



Hand-Eye Co-ordination

These activities will develop fine motor skills used to support handwriting and co-ordinating what the brain processes with what we see.

- Threading / sewing / weaving
- Lego / sticklebricks / Geomag / Popoids
- Hama beads
- Jigsaw Puzzles
- Colouring / painting / collage / stencils
- Cutting and sticking



Tactile Skills

These activities help to develop sense of touch and use of hands to explore textures and link up vision with brain processing.

- Play doh
- Make slime (recipes online)
- Guess the object/material (blindfold game)
- Feely bag – guess the object
- Sand



Mobility – Gross Motor

These activities can support use of larger movements and develop use of peripheral fields of vision.

- Throw / catch / roll a ball of different colours and sizes
- Skipping
- Bat and ball
- Obstacle course

- Healthy screen time for this kids- here is a long list of yoga story videos https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ
- For example Frozen yoga for kids <https://www.youtube.com/watch?v=xlg052EKMtk>
- Trolls yoga for kids <https://www.youtube.com/watch?v=U9Q6FKF12Qs>
- **KIDZ BOP** – well these look fun. Here is a list of videos https://www.youtube.com/user/KidzBopKids/videos?disable_polymer=1
- We could all try this 😊 😊 https://www.youtube.com/watch?v=qc_8Xg467fE
- **Joe Wicks**.... The body coach What's not to love about him? Here is a list of all his available videos.... https://www.youtube.com/user/thebodycoach1/videos?disable_polymer=1

- **ChuChu TV Nursery Rhymes & Kids Songs**... these are fab for the little ones..

https://www.youtube.com/channel/UCBnZ16ahKA2DZ_T5W0FPUXg