

Eye-hand coordination Home program (Level I activities)

What is eye-hand coordination?

When you use visual information in order to do a certain activity with your hands—such as eating, catching a ball, or tying your shoes—you are using eye-hand coordination.

How can I help my child?

The following activities can help your child develop better eye-hand coordination. **This home program should be used only under the guidance of an occupational therapist.**

Fine motor activities

- Build a tower with blocks.
- Play with a toy hammer and nail set.
- Use chalk to draw big shapes or lines on the sidewalk.
- Cut open a grocery bag and tape it to the wall for drawing shapes and tracing lines (straight or curvy).
- Clip clothespins around a shoebox to make it a cage.
- String beads - try different sizes (¼ inch to 1½ inches). Try macaroni, penne, ziti noodles, or cereals like Froot Loops® or Cheerios®.
- Punch holes in an index card and have your child lace string through holes.
- Stack blocks, Duplos®, or Legos®.
- Push a toy car, or use your finger to trace, along a curvy road drawn on paper.

- Use fingers to trace outlines of various pictures or shapes.
- Put pegs into a pegboard.
- Use salad tongs or bread tongs to pick up cotton balls, plastic toys, marshmallows, foil balls, shelled peanuts, or other small objects.
- Practice turning the dial on a toy phone.
- Light Brite®
- Put toothpicks through holes of an upside-down colander.
- Place stickers on Xs drawn on paper.

Gross motor activities

- Play catch with a playground ball or beach ball.
- Bowling: Try using plastic water bottles for the pins.
- Play “basketball”: Throw balled-up socks into a laundry basket or crumpled-up paper into a trash can.
- Play “keep in the air” with a balloon.
- Throw snowballs or a soft sponge ball at a wall target.
- Pop bubbles with your finger or elbow.
- Toss bean bags or balled-up socks into squares on the ground outlined with chalk or masking tape.
- Play “flashlight tag”: Turn off the lights and try to “catch” each other’s light spots on the walls and ceiling.
- Tie a ball to a string and practice catching and releasing it.
- Roll a ball back and forth to a partner.

School activities

- Draw lines.
- Connect dot-to-dots.
- Trace simple forms.
- Snip edges of paper to make a fringed placemat.
- Cut along a line. Progress to cutting straight lines, curves, angles, and simple shapes.
- Cut paper of different thicknesses. For example, start with index cards (thick), then progress to construction paper, then regular paper.
- Cut strips of paper and make a paper chain.

Activities of daily living

- Fasten and unfasten large buttons.
- Spoon or scoop sand, water, or rice without spilling.
- Pour above materials without spilling.

Special instructions:

Questions?

This home program is to be used only under the guidance of an occupational therapist. If you have any problems with this home program, or any questions, please call your occupational therapist in the Developmental and Rehabilitation Services Department.

Therapist signature

Date

Phone

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