

Eye-hand coordination Home program (Level II 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

- Make a house with Lincoln Logs®, Rig-a-jigs®, Legos®, etc.
- Make a domino train.
- Sort various small objects (coins, buttons, etc.).
- Lay mosaics in a pattern.
- Open padlocks.
- Use salad servers, bread tongs, or tweezers to pick up tinfoil balls, marshmallows, cotton balls, plastic toys, pom-poms, shelled peanuts, and dried beans.
- Light Brite®
- Beginning sewing projects (needlepoint or rug hooking).

Activities of daily living

- Lace shoes, tie shoes.
- Button, zip, or snap fasteners.
- Measure teaspoons or tablespoons of flour or sugar without spilling.
- Type.
- Use a mouse on the computer to click on various sized objects.
- Place coins in gumball machines.
- Open doors with keys.

Paper and pencil activities

- Color in pictures (progress from larger pictures to smaller detailed ones).
- Dot-to-dot activities
- Cut and trace curved lines and sharp angles.
- Mazes from activity books
- Trace letters and words.
- Trace and/or cut out shapes or pictures from a magazine or the newspaper.
- Cut out grocery coupons.
- Practice drawing or tracing activities on an easel or vertical surface (tape paper to the wall).
- Copy words from chalk board or wall.
- Cut out a magazine picture and make a jigsaw puzzle or paper doll.

Gross motor activities

- Play catch: Use different ball sizes—large (playground balls) and small (tennis balls)—and try other objects such as balloons, plastic bags filled with soft things, rolled-up socks. Throw overhand and underhand.
- Play basketball
- Ring-toss games
- Lawn darts
- Tetherball
- Bowling games: Try using plastic pop or water bottles for the pins.
- Play tic-tac-toe: Make a large tic-tac-toe board with chalk or masking tape and toss bean bags, or balled-up socks, into the squares.
- Play catch with a tennis ball using bleach containers with bottoms cut off.
- Badminton, table tennis
- Play “keep up in the air” with a balloon—hitting it into the air for as long as possible.
- Toss balled-up socks or paper balls at wall targets, into laundry baskets or small waste-paper bins from various distances.
- T-ball, or bat a baseball
- Throw snowballs at a target
- Miniature golf
- Dribble a basketball: Try to change hands, dribble while walking, and dribble with eyes closed, dribble around objects.

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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