

Occupational Therapy Home and Class Activities

Student Name: _____ Date: _____
Therapist: _____ School: _____

Visual Exercises

Sometimes problems with handwriting are due to visual problems. These are some games to help with visual tracking (have your eyes follow an object, or letters on a page smoothly).

- € Marble Game:
 - Roll marbles or small balls along the table, and your student has to catch them in a cup before they fall off of the table. Make it harder by having to catch with a specified hand.

- € Playing catch with a bean bag or small ball
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- € Do word searches
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- € Hold up a piece of paper with letters on it and move it slowly up and down, and forward and back while the student reads off the letters aloud.
- €
- € Practice copying down letters (or sentences) from far away. (similar to copying from the board). It makes the eyes focus far away and then close up.