

The Visual System

The visual system is our sense of sight and helps us process information we receive from our eyes. This includes visual acuity (how well we see) and visual perception (how we process what we see).

Quick Wins

I SPY

Have kids search for a specific object or an object of a certain color, shape, or size.

LIGHT & SHADOW PLAY

Play flashlight tag, make shadow puppets, read with a flashlight, trace shadows with sidewalk chalk. All great visual activities!

SORTING & MATCHING

Sorting and matching objects based on size, color, shape and other attributes are great ways to challenge the visual system.

VISUAL CUES

Use picture schedules, or visual timers. Or, try visual prompts for gross motor games (targets showing where to place feet/hands).

