

Summer Vision Skills

<input type="checkbox"/>	Put together a puzzle	<input type="checkbox"/>	Cut out a part of newspaper or magazine, have child hunt for a particular letter and underline each, work from left to right, top to bottom	<input type="checkbox"/>	Have child help with a chore: match socks into pairs or put away silverware	<input type="checkbox"/>	Play catch with a ball or bean bag, etc. Balloons move slower and so are easier to track with eyes.	<input type="checkbox"/>	Copy a simple design made out of legos or blocks – adult makes model, child copies.
<input type="checkbox"/>	Crawl around the house, keeping head up while crawling, look forward	<input type="checkbox"/>	Sort a deck of cards – flip over and put into “like” piles, by suit, color, character, etc.	<input type="checkbox"/>	Do a dot-to-dot (available to print from the internet or find free apps for tablets)	<input type="checkbox"/>	Lie on floor or bed, watch flashlight beam move across ceiling, be playful	<input type="checkbox"/>	Do an age appropriate maze activity (can print from internet or free apps on tablets)
<input type="checkbox"/>	Use the swings at a park	<input type="checkbox"/>	Have child self-toss ball or bean bag and catch tosses, count how many and try to improve		<input type="checkbox"/>	Read a book together	<input type="checkbox"/>	Set the table, making all places at the table look the same	
<input type="checkbox"/>	Draw a shape, number or letter on your child’s back, have them identify what it is (works on visualization)	<input type="checkbox"/>	If bright sunlight bothers your child, consider sunglasses or hat/visor	<input type="checkbox"/>	Crumple newspaper or scratch paper into tight balls and toss at target	<input type="checkbox"/>	Cover eyes with hands, then open eyes (while still covered). This is called “seeing with relaxation”	<input type="checkbox"/>	Copy a drawing made from basic shapes
<input type="checkbox"/>	Pick an object in the environment and then count how many you can find (yellow flowers, stop signs, letter A, chairs, etc.)	<input type="checkbox"/>	Talk about what kinds of things are relaxing to look at. Suggest examples if. There are apps for relaxing gaze.	<input type="checkbox"/>	Copy a pattern: with beads, sticker, paper clips, coins, etc.	<input type="checkbox"/>	Play a memory style card game, can use special game cards or regular deck of cards (use fewer cards to simplify)	<input type="checkbox"/>	Explore a vision stimulating book: Where’s Waldo, Eye Spy, Find Hidden Objects (available at the library)