

# Summer Vision Skills

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|--------------------------|---|--------------------------|---|--|--|--------------------------|--|--------------------------|---|
| <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) |