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Activity Sheets for Kids of All Abilities

Eye-Hand Coordination

ACTIVITIES TO PROMOTE EYE-HAND COORDINATION

Eye-hand coordination is defined as the coordinated control of eye movements with hand movements. For good eye-hand coordination to occur, our brains must process visual input in order to accurately direct the movements of our hands. Good eye-hand coordination is necessary for many activities of daily living such as dressing, grooming, cooking, playing sports, reading and writing just to list a few! Since both good visual pursuits and strong fine motor skills are the foundations for eye-hand coordination, the following activity suggestions have a strong emphasis on visual motor and fine motor skills:

- While sitting on the floor across from your child, roll a ball back and forth, or for older children, toss a ball back and forth from a sitting or standing position. When your child is first learning to catch, using a balloon instead of a ball slows the speed down making it easier to be successful.
- Lacing activities such as sewing cards. These cards can be home made or purchased commercially.
- Stringing beads or making "jewelry" out of colored macaroni or other pasta tubes.
- Balloon volleyball or keeping a balloon afloat with a paddle or badminton racket.
- Suspend a nerf ball or a soft ball in a net from a swing set or doorway and use a baton or stick to swat at the moving ball. Your child can do this from standing, sitting, kneeling or even lying on their back.
- Ring toss or tossing a ball against a wall or garage door to play "wall catch."
- In a dark room, move a flashlight beam across a wall and have your child follow the beam with their finger. You can move the beam in varying patterns and speeds across the wall to make this activity more challenging.
- Have your child pop bubbles by clapping the bubbles between their hands or by using their index finger to pop the bubble. You can also have them hold a bucket or similar container with two hands and "catch" the bubbles in the bucket.
- Draw lines across a chalkboard or on a sidewalk or driveway with chalk. Have your child use chalk to trace over your line. You can also make your lines squiggly or with sudden changes in direction to increase the level of difficulty.
- Pegboards, puzzles, coloring books, dot-to-dot books, stencils, cutting and pasting for crafts, mosaic or tile crafts.
- Stacking blocks to make a tower, LEGO® Bricks, snap-together beads, or constructional toys that require aligning pieces together to connect.
- Games that require visual and fine motor precision such as Lite Brite®, Operation®, Connect 4®, Perfection®, and Kerplunk®.
- Throwing a ball or beanbag into a target such as a large bucket placed several feet away. As your child's accuracy improves, move the target farther away.