

Essential ingredients for healthy development

Play,
movement
and time
outside

GROSS MOTOR



Activity ideas

Visual Perception

Visual perception is how the brain makes sense of what we see. These are skills such as following an object with our eyes, remembering the shape of different objects, finding an object amongst a busy background, recognising what is the same or different between objects and remembering sequences of visual information. It is important for reading, writing, cutting, maths but also dressing, cooking and finding objects.

➔ Collect a few objects that regularly appear in your child's favourite book and have them identify the real object with the picture in the book e.g. flowers, bugs, fruit, buckets

➔ Identifying animals and plants - go to the library for a reference book and look at finding distinguishing features of what's in your natural area

➔ Using objects collected from a walk

- » make a pattern or sequence and have your child match it
- » Make half a shape and have your child finish making the shape
- » Partially cover the object and see if your child guess what it is
- » Put a few items in sequence, cover and remove one item and see if your child can find what is missing

Make it easier

- Start with familiar colours, shapes or letters and high visual contrast e.g. finding brightly coloured flowers
- Consider collecting bug (cicada shells are great samples) and leaves to touch and feel as you explore the different parts.

Add challenge

- + Add memory, speed or time challenges to the activity with some friendly competition. As a rough rule children can recall the number of objects of their age (e.g. 3 items for a 3 year old) up until 7. On average adults can only remember a sequence of 7 items before needing to group them.
- + Find more subtle differences between features e.g. collecting similar bugs and leaves and finding what makes them different. Distinguishing male/female features of animals.