

OT Visual Perceptual Skills at the Beach 3/26

Hi Guys. We all need to get outside and the beach is one of my favorite OT playgrounds. So here are some fun ways to build on visual perceptual skills at the beach:

1. Beach search and find- This activity builds on visual scanning. Basically you go with a list of objects a child has to find on the beach. All you need to bring to the beach is a pail or bag. They also have to ignore objects that they are not looking for at the time. Here is a good list:

- 8 brown rocks
- 9 white shells
- 7 gray rocks
- 6 brown shells
- 9 blue/gray shells
- 10 white rocks

2. Shell sequencing- This activity builds on visual sequencing skills. You make a pattern with the shells and rocks. The child has to copy the pattern. This activity can be done either on the sand or at home on a table or floor. You can start with a simple pattern of six items and grow from there.

3. What's missing?- This activity builds on visual memory- Take one item out of the list above and group them. The child has ten seconds to look at the group in order to remember them. Ask the child to cover their eyes and take out one item. The child has to figure out which shell or rock is missing. This activity can be adapted by either having less items or more or by taking one or more items. This activity also can be done at the beach or at home.

4. Jump the sand- This activity builds on visual motor planning- Draw a line on the sand and another line close enough for your child to easily jump over from the first line. Once the child makes it over the first line, make another line further away from the first one. Keep this up until the child cannot get over the line after three tries. Finish the activity by stating how awesome the child did overall. Kids love to be cheered along.

5. Obstacle fun at the beach- This activity builds on motor planning and visual memory. Draw shapes in the sand- square, triangle, circle diamond, ect. Have the child draw them if they can. The child is given different movements to get from one shape to the other. For example, You might show them to hop to the circle, run to the diamond and go around it three times, side step to the triangle and do five jumping jacks, run to the square and spin four times. You can increase or decrease the steps. Always show them the sequence by modeling it first and make sure they are watching. Kids love obstacle courses. You can do the same activity at home, without the drawing in the sand. You might choose to run to a tree and run around it three time, hop to a bush and do 5 jumping jacks, ect.

I hope everyone is doing well. Please Mom, Dad, or caregivers make sure you take the time to look at the ocean and just breath. E-mail me with any questions or suggestions.

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