VISUO-MOTOR INTEGRATION

Visual motor integration is the combined use of visual perception and co-ordinated finger & hand movements. Visuo-motor integration skills are needed to help a child to plan fine motor movements accurately.

When handwriting, a child needs to be able to integrate both visual perceptual skills and motor co-ordination to be able to judge the visual image of the shape of the letters or numbers. They need to interpret the visual material and to co-ordinate motor skills to form shapes/letters.

PLEASE NOTE: (Based on research by Beery & Buktenika 2004)
A child has not got sufficient visuo-motor integration skills to write fluently and easily until he/she is able to copy the following shapes – without any prompts.
The age norm for achieving the triangle is 5 years 3 months.

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Activity Ideas

- Encourage games requiring the use of both hands together i.e. ball games, kicking, throwing, catching, hitting, catching a ball in a container.
- Swingball, any bat & ball games, bean bag games
- Copy simple shapes
- Draw shapes in media such as shaving foam, sand, gloop, mud
- Make simple shapes from sticks or playdough etc
- Copy a simple picture
- Make own picture from shapes
- Copy shapes or pictures from memory
- Threading cards – use old greetings cards, use a hole punch to make the holes. Use a large needle and some wool for threading.
- Clay modeling - copy another model or pattern
- Cutting out pictures – use straight lines only at first
- Plasticine – for modelling, shaping
- Dot-to-dot games
- Paper folding
- Tracing pictures
- Use stencils to make a picture
- Pegboard patterns – copy design
- Lego patterns – copying designs, making own designs
- Fuzzy felts – copying patterns, making own designs
- Paper decorations & Gift wrapping
- Copying shapes with a pencil and paper.
- Looking at odd-man-out games – exploring the differences & similarities