

Visual Motor Coordination

Perceptual Training Workbook

Kenneth A. Lane, O.D.

Royal Fireworks Press
Unionville, New York

Introduction

The activities in this book were developed for children ages five and older. They are designed to help children in their early school years by improving the following skills:

1. Eye-Hand Coordination: The ability to move one's hand accurately to the location where one is looking; necessary for good printing and handwriting skills
2. Laterality: Understanding one's right and left; necessary to eliminate reversal errors
3. Directionality: The ability to recognize the proper orientation of letters; necessary to eliminate reversal errors
4. Ocular Motor Skills: The smooth, accurate, and effortless eye movements necessary for efficient reading
5. Figure-Ground Separation: The ability to separate a subject from its background
6. Visual Concentration: The ability to concentrate and pay attention visually to a task

General Directions

There are five levels of activities in this workbook, ranging from least to most difficult. All children should start with Level 1. Each level has its own instructions. Record the time it takes the child to do each activity correctly. The goal is for the child to improve his or her time as he or she proceeds through each level. Do not proceed to the next level until the child has mastered the current level and is consistently showing faster times.

Level 1

X O O X X X O O O O X X O
O X X O O O X X X O O X X
O O O X X X O O X X O O X
X O O X X O O X X O X O X
X O X X O O X X O O X O X
X X O O X O O X X O O X O

Min. _____ Sec. _____

O O X X X O O X O X X O X
X O X X O O O X X X O O X
X O O X X X O O X X O X O
O O X X X O X X X O O O X
X X X O O O X X O X X O O
X O X X O O O X X X O O O

Min. _____ Sec. _____

Level 2

X O X O X O X O X O X O X O X X O X X X O X X
O X X X X X O X X X X O X O O O O X O X O X O O O
X O O O X X O O O X O X O O O O X O X X X X O O X
X X X O O X O X X X X O O X O X X X O O X X O O X
X O O O X X X O O O O X X O O O X X O O X O X O O
O O X O X X X X O O O X X X X O O O X O X O X O O

Min. _____ Sec. _____

X O O O X X O O X X O O O X X X O O O X X O X O X
X X O O O X X O O X O O O X X X O O O X X X X O O
O X O X O X O O O O X X X X X X O O X X O O X X O
O X X O O X X X O O X X X O O O X X O O X X O O X
X X O O O X X O O X X O X O X O O O X X O O O X X
O X O X O O O O X O X X X X O O X X X X O O X X X

Min. _____ Sec. _____

O O X X X X O X O X O X O X O X O X O X X X O
X X O O X O X X O X O O O X X X X O O O X X X O O
O X X O O O X X X O O O X X O O X O O O X X X O O
O X X X X O O O X O X O X O O O O X X X X X X O O
X X O O X X O O X X O O X X X O O X X X O O O X O
O O O X X O O X X O O X X X O O O X X O O X X O X

Min. _____ Sec. _____

Level 4

**b d d b b p p q q b b d d p p d d r
g g y r r y y h h k k j j c c y y q q p
b d d b b p p q q b b d d p d d b b
h k k h j j r r g g y y k h j y g d p
q d q b b d d p p d b b p b d b p p
k p q b b d d p p d d b b p b d b p**

Min. _____ Sec. _____

**d b b p p q q b b d d p p d d b b d
b b y y g g j j k k h h p p d d y y c
c q q q q b b d d p p d d b b p b d d
b b p p g g k k h h p q q y y c c d d
r r b d b b b d d p p d d b b q q b b
d d p p d d p b d d b b p p q q b b**

Min. _____ Sec. _____

**q q b b d d p p d d b b p p d d b b
d b c c d d b b k h g g y y k k g g h
h p p p q q b b d d p p d q q d d p
p b q q b b p b d d b b p p q q b b
d d p p d d b j j p p h k h q q y b d
c c y y g g k k b d d b b p p q q b b**

Min. _____ Sec. _____