

## DEVELOPING VISUAL MOTOR INTEGRATION SKILLS

**Visual motor integration (VMI) is the ability to use visual information from the environment to inform how you move and use your body.**

### HOW YOU HELP YOUR CHILD WITH VISUAL MOTOR SKILLS:

- **Puzzles:** First complete puzzles that do not have interlocking pieces. As they master this, move to puzzles with interlocking pieces to increase difficulty
- **Shapes, Letters, Numbers:** Practice tracing, copying, and forming lines, shapes, letters, and numbers using standard writing tools (pencil, markers, crayons), play dough, shaving cream, **Wikki Stix**, and chalk
- **Balloons, Beanbags and Balls:** catch and throw a ball/bean bag back and forth, kick a ball back and forth, throw a ball into a hoop/basket, tap a balloon to keep it in the air, rolling a ball to knock items down
- **Connect-the-dots:** Play connect-the-dots to form different pictures, letters, and numbers
- **Mazes:** complete mazes with different levels of difficulty
- **Cutting:** cutting on straight, curved, and zig-zag lines; cutting out simple shapes
- **Stencils:** trace around different stencils using one hand to hold down the stencil and the other to hold the writing utensil
- **Blocks:** stacking blocks, matching block patterns
- **Bubbles:** try to pop bubbles in the air



### EXAMPLES OF SCHOOL RELATED VMI TASKS:

- Copying from the board
- Forming shapes, letters, and numbers
- Tying shoes
- Catching a ball, kicking a ball
- Cutting

### SIGNS OF VMI DIFFICULTIES:

- Difficulty coloring inside the lines
- Avoiding activities or sports that require hand-eye coordination
- Struggling to copy shapes, letters, and numbers
- Sloppy handwriting
- Trouble cutting on a line
- General clumsiness or difficulty coordinating body movements

### REFERENCES

- Holland, B. (2018, September 20). Visual Motor Offered At Chicago Occupational Therapy. Retrieved from <https://chicagooccupationaltherapy.com/ot-services/visual-motor/>
- Shrewsbury Public Schools. (n.d.). Visual Motor. Retrieved from <https://schools.shrewsburyma.gov/ot/visual-motor>