



10 Activities to Boost Hand-Eye Coordination

YOUTUBE FREEBIE

Hand-eye coordination (aka visual motor skills) is the ability to coordinate your eyes with your movements, specifically hands and arms. These skills are super important for daily tasks and play for children!

1 BALL ROLL - CATCH IN A CUP

- Grab a small ball (like a bouncy ball) and a plastic cup. Stand or kneel across a table from the child - you hold the ball while the child holds the cup.
- Roll the ball across the table and have the child catch it before it falls to the floor.
- Increase the challenge by using 2 balls and 2 cups. Roll them simultaneously, or one right after the other.
- Also practice left vs. right by calling out "right!" so the child catches the ball in the cup held in their right hand, and then do the same for left.

2 THROW & CATCH WITH THE WALL

- Have the child stand a few feet away from the wall. Throw and catch the ball with the wall.
- Set up targets to throw to.
- Use a larger ball to make it easier, and a smaller ball to increase the challenge.

3 BAL-A-VIS-X

Check out [Bal-A-Vis-X](#) for some great hand-eye coordination activities! Watch some of their free videos [HERE!](#)



4 INFINITY LOOP TRACING

- Draw an infinity loop (sideways figure 8) on a piece of paper and place it on the wall, at the child's eye level. Have the child draw (with a writing utensil or their finger) along the infinity loop, making sure to cross at the middle.
- Draw letters, numbers, or place stickers along the path and have the child call out the item as they move along the loop.

5 INFINITY LOOP WALKING

- Place two items on the ground, 3-4 feet away, and have the child walk around them in the infinity loop pattern. Place painter's tape on the floor along the path for additional visual assistance.
- Place a visual chart on the wall and have the child read the chart while walking along the loop.
- Also grab a ball and play catch while the child walks along the loop.

6 "ROBOT ZAPPING" FROM ASTRONAUT TRAINING

- Place 6 stickers or pieces of tape on the wall - have the child stand against the wall for reference as to where to place the items: 3 on the right side of the child and 3 on the left side, at different heights.
- Have the child take a small step away from the wall and, while facing away from the wall, rotate their upper body (keeping feet stationary) to "zap" the items on the wall. They will use their left pointer finger to "zap" items on the right side, and their right pointer finger to "zap" items on the left side. Alternate "zapping" to each side.
- Learn more about Astronaut Training [HERE!](#)

7 VISUAL CHART MATCHING WHILE ON HANDS & KNEES

- Have the child get into a crawling position on hands and knees, arms length away from a wall.
- Place one visual chart on the wall at eye level and a second visual chart on the floor in between the child's hands.
- Alternate between using their left and right hand to read the two visual charts, tapping the first item on the wall chart, then the first item on the floor chart; then the second item on the wall chart, then the second item on the floor chart; and so on.

8 DOT-TO-DOTS, MAZES, ETC.

- Grab some puzzle book games from the store and do them with the child.
- Dot-to-dots, mazes, visual puzzles ... all great for hand-eye coordination!

9 COPYING GAMES

- Any game that requires the child to look at a visual model and copy it will work on hand-eye coordination.
- Think building games, drawing games, etc.

10 WATER POURING

- Grab several empty cups of varying sizes and place a strip of painter's tape on each one, each at a different place / level.
- Fill up a pitcher with water.
- Have the child fill up each cup, pouring from the pitcher, to the painter's tape line.

BONUS Ideas!

1 ANY BALL GAME

Any game with a ball will help boost visual-motor skills!
The larger the ball, the easier it will be.
Also play ball kicking games!

2 PLAY "I SPY"

This is a great game to improve overall visual perceptual abilities, communication, and social skills.
Make sure to include pointing at the objects you're guess to incorporate the hand-eye coordination.

3 PAINTER'S TAPE

Painter's tape is a great tool to use for visual-motor activities.
Create a road to drive toy trucks along. Make shapes on the wall. Create a zig-zag path on the floor and draw only on the tape, or blow a cotton ball along the path.

Want more help?!

[CHECK OUT OUR VISUAL SKILLS ACTIVITY COURSE](#)

This digital activity course provides video demonstrations for a variety of activities that promote visual motor and visual perceptual skills! Plus, the materials are simple and you likely already have them!

- Activities with painter's tape
- Activities with stickers
- Activities with balloons

Visit: harkla.co/products/visual-skills-activity-course