



Brenton Loose, O.D.\*  
Vincent Budac, OD  
\*denotes optometric corporation

2344 WESTWOOD DR.  
PRINCE GEORGE, BC V2N 4H3  
Tel: 250.649.2020 Fax: 250-612-3998  
info@envisioneyehealthclinic.com  
www.envisioneyehealthclinic.com

## Activities for Vision Development

1. Match and compare kitchen items such as cutlery, dishes and canned foods. This is a good visual comparison activity.
2. Compare pictures of furniture from books, magazines and flyers. Ask the child how two chairs are alike and how they are different.
3. Compare shapes, sizes, weight and texture of items in a room. If she makes obvious errors, ask her to go over to the object to check her visual judgment by touching or lifting the object.
4. Mystery bag: Put a familiar object in a bag and ask a child to put their hand in the bag to see if they can identify it from touch only. Ask him to describe (Size, shape, texture, material, parts, etc...)
5. Place familiar objects on a table in front of a child. Ask her to look at them for a few seconds then have her look away and name as many items as she can. Gradually increase the number of objects. To increase the level of difficulty, pause a moment before asking them to tell you what they saw. This can also be done while looking at a page of a catalogue or magazine.
6. Place familiar objects on a table in front of a child. Ask him to look at them for a few seconds then have him look away. Remove one item and have him look back and identify what is missing. Being able to identify what was previously seen and compare what has been removed is good preparation for word structure abilities. "The symbols THE, THEN, THERE are examples of the addition of letters which change word context, just as #5 above changes the table content. Number 6 provides similar processes of learning to subtract a letter from a word, THEIR, THEM, THE. Thus, the visual memory of things becomes practice for the visual memory of symbols for things—words."
7. Describe something to the child and have her name it when she knows what it is. Ask her to visualize it and add her own description of it.
8. Describe the clothes and appearance of a family member or playmate. Ask them to name who is being described.
9. Describe a familiar place (store, house, playground, store) until the child can name it. Then ask him to add his description of it. If he makes errors in the details, correct him so his visual projections can be more accurate.
10. While seated at the table for a meal, ask the child to close her eyes and point to objects, such as water jug, vegetables, condiments, someone's plate etc... This can also be done while sitting in a room. If she makes an error, have her open her eyes and make the correction.

### Reference:

"How to Develop Your Child's Intelligence" by G.N. Getman, Optometric Extension Program Foundation, 1993