

VISUAL

The visual sensory system is more than just our ability to see, it is also our ability to track, locate, and discriminate things in the environment around us.

Visual processing happens when the brain receives messages (sights) from the eyes. It is connected to other sensory systems and supports movement, perception and hand-eye coordination. When the visual sensory system is not functioning correctly, it can cause a number of challenges in every day life including difficulties with motor (gross and fine) activities, colour recognition, and light sensitivity.

Signs of under responsive visual system:

- Moves/shakes head during fine motor tasks.
- Holds items close to eyes to look at.
- Enjoys bright, colourful lights.
- May not easily recognize shapes, letters, etc.
- Difficulty focusing on moving objects.
- Often can't find/see things that are clear to others.

Signs of over responsive visual system:

- Avoids brightly lit areas.
- Easily distracted by visual stimuli.
- Often loses place on page when reading.
- Making eye contact with people can be uncomfortable.
- Can experience headaches and/or dizziness.
- Appears clumsy (bumps into things).

Activities that support visual development:

- Hand-eye coordination activities
- Reduce visual materials in environment
- Keep lighting low
- Wear sunglasses
- Avoid patterned flooring, walls, etc.
- Labyrinth/maze activities
- I-Spy games