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Bwrdd Iechyd Prifysgol
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University Health Board



Therapi Galwedigaethol Plant
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Ffordd Croesnewydd, Wrecsam LL13 7TD

Children's Occupational Therapy
Wrexham Child Health Centre,
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Visual Discrimination

This is the ability to identify a visual image as being the same or different from another image. Poor visual discrimination abilities may present as difficulties in matching shape, form, colour, pattern, size, order and orientation. Visual discrimination is particularly relevant to recognising letter and number differences in acquiring literacy and numeracy skills.

Activities to try:

- Develop language of same and different by using picture cards or worksheets. Get the child to say why the picture is the same or different.
- Picture and Shape dominoes
- Posting box – post different shapes into a posting box.
- Snap cards.
- Peg boards - Copy simple shapes on a peg board.
- Puzzles.
- Sorting objects - Encourage the use of language in naming, classifying and sorting objects by shape, size, colour, material etc. try activity blind folded and get the child to describe the object e.g. long/short, thick/thin, rough/smooth, soft/hard.
- Matching shapes and furniture - Show a geometric form and ask child to identify all the similar shapes in the room. e.g. if a rectangle is shown, the child might point out a table top, pencil case, book etc. Advance to more difficult shapes as you feel the child is ready.
- Colouring in the correct shapes - colour pictures of simple geometric shapes advancing to objects such as fruit and vegetables. Choose all the ovals and colour them in one colour, then choose another colour for all the circles etc.
- Matching games such as 'Lotto' and 'Pairs' card games.
- Odd one out puzzles.
- Highlight designated letters in reading text or all the words beginning in a particular letter.

