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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Therapi Galwedigaethol Plant
Canolfan Iechyd Plant Wrecsam
Ffordd Croesnewydd, Wrecsam LL13 7TD

Children's Occupational Therapy
Wrexham Child Health Centre,
Croesnewydd Road, Wrexham LL13 7TD

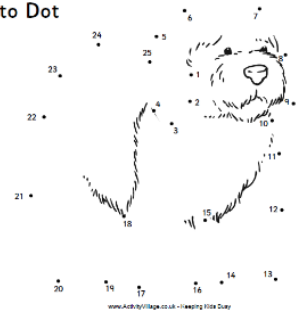
Visual Tracking

Visual tracking is technically an oculomotor skill but essential for visual perception as it involves the ability to control and direct our eye movements. Some children may struggle with reading as words jump around and meaning becomes mixed up. Signs that the child is struggling with tracking may be frequently losing their place, skipping sections of work, missing lines, needing to use their finger to follow a line, moving their head rather than their eyes and poor comprehension.

Activities to try:

- Spot the difference games
- Using picture or shape dominos
- Encourage the child to sort out objects by shape, colour, size etc.
- Locating pieces of Lego from a box of Lego
- Dot-to-dot Pictures
- Jigsaws
- Tracing Lines
- Building three-dimensional models from cubes, cuboids, cylinders, cones.
- 'Connect Four'
- O's and X's games
- Match words with a letter missing with the complete word.
- Copying peg board patterns

Dot to Dot



- Throwing or catching games
- Following road maps.
- Mazes
- Finding a particular word in a list of words/ using telephone directory.
- Wire tracking or buzzer games.