

# Visual seeking with Management Activities

## What is visual seeking?

Visual seeking is when a child looks for extra visual points. They may enjoy looking at lights, spinning objects, shiny patterns or moving objects.

## Why is management important?

- Too much visual input can cause overstimulation.
- Proper activities help the child use visual input in a functional way.

## Sign of Visual Seeking:-

- Fascinated by lights, shadows or reflection.
- Stares at spinning or moving objects.
- Repetitive looking at patterns or screens.
- Difficulty shifting attention from visual stimuli.

## Benefits

*Improve Eye Tracking, Focus , Attention and Visual Motor Integration*

# Goals

To provide appropriate visual input and teach the child to use their vision purposefully in daily activities.

## **1. Activities :- Visual tracking with object**

**Aim-** Improve eye contact ,Tracking and attention.

### **How to do :-**

1. Sit facing the child.
2. Hold a bright or favorite object at eye level.
3. Move the object slowly from side to side , up and down.
4. Encourage the child to follow the object with their eyes.
5. Gradually increase the speed and distance.

## **2. Activity;- Shape sorting Activity**

**Aim-** Improve visual discrimination attention and matching skills

### **How to do :-**

1. Give the child different shapes ( Circle , square, triangle etc. )
2. Show a shape and ask the child to find the same shape.
3. Encourage the child to sort the shapes in the correct box.
4. Increase the level by using more shape and colour.