

101 ACTIVITIES YOU CAN DO WHILST PATCHING

Selected by
eyecare^{hand}**kids** Optometrists
vision & learning



Hi There! Thank you for taking the time to read this guide!

Amblyopia affects around 2% to 4% of children and is one of the most common vision problems that causes blurry vision. The fact that you are reading this guide means that you are worried about this condition and have probably been recommended by your eye doctor or optometrist to start patching your child.

As you know, amblyopia, commonly known as “lazy eye,” is a condition where one or both eyes cannot see clearly, even with the assistance of glasses.

Firstly, well done for finding out that your child has amblyopia. Sometimes it is not easy to diagnose, especially when the other eye sees clearly. Secondly, we welcome you to join us on the journey of patching your child's eye. We understand it is a challenge, and it is sometimes not easy. You are worried your child may not like it, and sometimes it can just be plain difficult to keep going!

We know from studies that a child with moderate amblyopia benefits from patching for around 2 hours a day; a young child with severe amblyopia benefits from patching for up to 6 hours a day. Consistent patching for 120 hours helps improve sight by 1 line on the chart.

Patching will help make your child's vision clearer, which is great! Who wants to have a blurry eye after all? Amblyopia Kids was developed to help parents learn all latest research on how to improve lazy eyes. Trust us when we tell you there are lots of exciting new research on how to treat amblyopia!

One thing you should know is, patching is not the only solution. We know from experience that combining patching with optometric vision therapy helps the eyes to work together as a team. Vision therapy uses exercises and activities to train binocular vision, improving the entire vision processing system and hopefully reducing any rebound of amblyopia.

We are excited to have you join us! Please feel free to contact us if you have any further questions.



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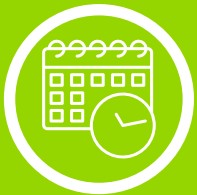


Tips on Patching

Most children do not like wearing a patch. Besides cosmetic reasons, they will not like having to make visual judgments using their blurry eye.



Help your child by patching the poor eye first and letting them do particular activities with only the good eye, then switching the patch over to the other eye, encouraging your child to do the activities with the weaker eye. Inform them that you know it's not going to be as easy as with their other eye, but if they practice, it will become easier to see with that eye.



You can split up the hours into shorter periods of patching.



If your child wears glasses, they will need to wear them while patching. Make sure your child cannot look over the top of the patch.



Do a fun activity your child enjoys while patching. There is benefit to doing tasks that involves vision.



Positive reassurance is very important in motivating the child. Rewarding the child will encourage them to persist through with patching. One easy idea is have a sticker chart where the child gets a gold sticker when they wore their patch every day of the week and a small gift if they complied with patching 75% of the time in one month.

Playdough activities- Kids love playdough! It can be used in so many different ways and has benefits of developing fine motor skills, hand eye coordination, hand and finger strength, stimulate their creative minds just to name a few. The possibilities are endless but here are a few of our favourites.

1. PLAYDOUGH TOOLKIT

Create a playdough toolkit for free-play sessions- dried pasta, buttons, shells, googly eyes, pebbles, wooden letters, cookie cutters etc. Allow your child to use these items with their playdough to create whatever they like.



2. PLAYDOUGH MATS

Make your own playdough mats to help your child learn their letters/numbers/shapes. There are plenty of printables online and laminate or put into a plastic sleeve. Use playdough on the mat to make form letters and decorate the picture.



3. COLOUR IN PLAYDOUGH

Using white playdough, allow your child to draw pictures and colour in with markers. They can then squish up the playdough and roll it out again, creating a marbling effect. Explore mixing different colours together.



4. BEAD STRINGING

Start with large beads/coloured pasta on thick string/shoelaces for easier level for young children or those with poorer starting vision. Move to smaller beads as your child improves. Make jewellery or have a race: See who can put 10 beads on first. This is also a great activity to develop fine motor skills and hand-eye coordination.





5. PIPE-CLEANER MONKEYS

Create these cute pencil toppers with pipe cleaners, beads, googly plastic eyes and glue. Help your child practice fine motor skills with beading and also twisting of the pipe cleaners into shape.



6. PLAYING IN THE SANDPIT

An activity that promotes development of gross and fine motor skills, stimulates imagination and scientific discovery. Create a toolkit of sand tools and toys or set up a scene (e.g., construction site). You can even bury treasures in the sand for your child to find.



7. POP-UP PIRATE GAME

Get all players to wear pirate patches together for this pirate-themed game. Have fun sticking swords in a barrel, but watch out! If you make the wrong move, “Black Beard” will be sent flying. Great for hand-eye coordination and fine motor skills.



8. PEG CLIPPING

Hold a piece of string or rope in front of the child at different heights and positions, asking the child to search through the peg bag, find a particular coloured peg and clip it onto the string. If the child has trouble seeing the string, use coloured string and wobble the string slightly to help them locate it. Vary the position as you go.



9. BUILDING WITH PLASTIC CUPS

Using a bunch of colourful plastic cups, allow your child free play to build towers and structures. They will also have fun knocking them down!



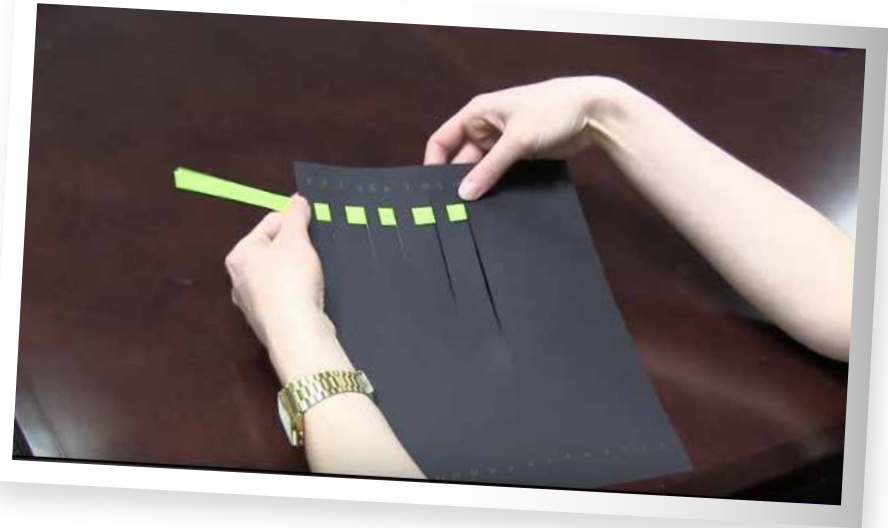
10. FOAM WINDOW ART

Cut craft foam in different shapes and use water to stick them on windows. Allow your child free play to create whatever they want. Use this to teach them shapes/numbers/letters or even make a theme to help them understand the world (e.g., nature, animals, seasons).



11. WOVEN PAPER

Use strips of paper to weave in and out of slits cut out on paper to create a colourful weaving pattern. You can vary the width of the strips to make it easy or difficult.



12. PIPE CLEANER COLANDER

Simple kitchen tools we use every day can provide endless fun for kids. Sticking pipe cleaners in a colander is a simple activity that helps develop fine motor skills for young children.





13. DROP STRING IN A CUP

Tape plastic cup on the floor. Standing on a stool/chair, challenge your child to drop different lengths of string/yarn into the cup. Get other siblings involved and make it into a race. Develops fine motor skills while also working on their hand-eye coordination, concentration and focus.



14. MAKING SNOWFLAKES

A great winter activity! Cut out snowflakes from paper and hang them up on your window. For the full instructions, visit the reference website on page 52.



15. STICKY FUN

A sensory activity involving sticking a large sheet on contact paper on the floor. Allow your child to explore the sticky surface, then stick craft materials like beads, pom poms, scrap paper, sequins, glitter for abstract work of art.



16. WINDOW COLOUR SORTING

Set up colour-coded boxes with sticky contact paper on a window (e.g., 1 red and 1 green). Ask your child to sort out and stick cut up pieces of tissue paper in the corresponding boxes. A great way for your toddler to learn colours.



17. WATER GUN PAINTING

Fill up some water guns with watercolour paints and set up an easel with some paper outside. Let your child have fun aiming and creating colourful works of art with the water guns.



18. DIY POM POMS

Pom poms are easy to make! This often involves wrapping yarn around and cutting, which is a fine motor activity for kids. There are plenty pom-pom making guides online with different methods. See reference on page 52.



19. APPLE PICKING

Gross motor activity you can do indoors! Using thick masking tape, create a large apple tree with trunk and branches. Place apples at the end of the branches. Give you child challenges such as hop and balance on one foot or walk backwards towards the end of the branches to pick up the apples to put in the basket.



20. COLOURING IN

Colouring in is a great activity for kids while patching. It is a near activity that is visually stimulating and also helps to develop hand-eye coordination, fine motor control and visual spatial skills to name a few. Easy and simple to set up. Find a colouring book your kid will enjoy or print them off online.



21. PAPER TOWEL PAINTING

Make paint by mixing water with food colouring. Lay out paper towels and, using eye droppers or sponges, create a colourful artwork. Tip: This one can get messy and works best outside!



22. PAINTING WITH FROZEN PAINT

Fun and messy summer activity your kids will love. Freeze some child-friendly paint mixed with a little bit of water in an ice cube tray. Use paddlepop sticks to make the handles. Once these are ready, you can use them to paint.



23. PAPERCLIP CHAINS

You only need paper clips for this one! Teach your child how to make a chain out of paperclips. You can make necklaces, bracelets or challenge your child to see how long he can make it. Simple activity for fine motor and hand-eye coordination.



24. SIGHT WORDS SENSORY BAGS

Write out sight words on cardboard to fit in a ziplock bag. Fill the bag with rice/beans/oatmeal to cover the words. Ask your child to look for certain words and write them down, or create a list for them to tick it off as they go. For younger kids, you can use letters or numbers. Makes learning sight words fun and also helps with development of certain vision processing skills such as visual discrimination and figure ground.



25. PIT BALLS IN LAUNDRY BASKETS

Small plastic balls are useful for indoor ball activities. Set up different baskets worth different points and have a competition aiming the balls in the basket. You can also make a ramp out of a cardboard box to create a launchpad for the balls.



26. LEGO ACTIVITIES

Lego is such a great tool for developing fine motor skills, imagination, problem solving and planning skills. Allow your kid to do free play or give them a challenge to build specific things. This book called “Awesome LEGO Creations with Bricks You Already Have” by Sarah Dees is a great Lego companion for different building projects.



27. COLOUR SCAVENGER HUNT

Encourage your child to go outside and engage with nature. Create a list of colours. Find items from nature in the garden/backyard/park to match each of the colours (e.g., flowers, leaves, rocks).



28. STONE PAINTING

Collect some stones or pebbles in the park. Paint on people or objects on the stones to create a story, or simply paint on their favourite characters.



29. PLAYING WITH BUBBLES

Playing with bubble utilizes various visual skills like eye tracking, hand-eye coordination and visual spatial skills when catching and popping bubbles.

Manipulating the wand can also help with fine motor skills. Kids of various ages enjoy playing with bubbles. Why not incorporate a craft activity by allowing kids to make their own bubble wands.



30. TIN CAN BOWLING

Recycle your cans into a fun game for your kids. Let your kids decorate them. Stack them up to make bowling pins and have competition to knock them down. You could also use plastic cups or empty plastic bottles.



31. GARDENING

Embark on a gardening project with your kids. Gardening enhances fine motor development and introduces your kids to scientific concepts. Plant a vegetable patch and watch it grow or even smaller projects like a mini fairy garden.



32. SORTING LAUNDRY

Why not involve your child in some day-to-day household chores. Teach your child how to sort and pair up socks or sort out the coloured vs. white laundry. Not only does it teach everyday chores, but helps with development of visual discrimination skills.



33. READING BOOKS

If your child enjoys books, why not read together or read to them while they are patching. Be conscious that their level of vision in the amblyopic/lazy eye is reduced. You may need to start off with book with larger print and choose print size accordingly as their vision improves.



34. JUMP AND GRAB SHAPES

Hang up a few different colourful shapes in a doorway. Ask your child to jump and grab shapes as you call them out. Helps with gross motor, hand-eye coordination, learning shapes/colours, visual spatial judgments.



35. SIMPLE SORTING ACTIVITIES

The possibilities are endless with this one. Use different shaped pastas, m&ms, beads, buttons, pom poms, etc., and ask your child to sort into shapes/colours/sizes. To make it more challenging or to work on their fine motor skills, ask them to use a spoon/tweezer/peg to pick up the objects to sort.



36. NEWSPAPER THROWING

Scrunch up newspaper or scrap. Aim it on a basket or trash can and shoot.



37. SCISSOR ACTIVITIES

This is great for developing fine motor skills and hand-eye coordination. There are various activities you can do with scissors. Print-out activity sheets, collect varied items your child can cut for a cutting tool box, or make a paper plate hedgehog!



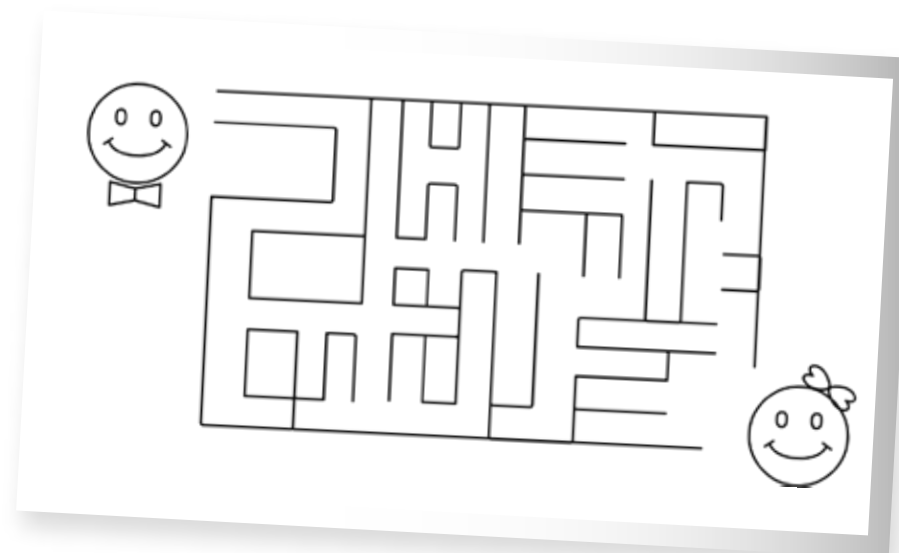
38. PEG CRAFT

Pegs are useful craft items. With a bit of creativity (or just Google) you can transform an ordinary item into something spectacular. Check out these peg puppets you can make with your kids.



39. PAPER MAZES

Print off some mazes for your child to complete. These are great for fine motor control and hand-eye coordination. You can easily vary the difficulty depending on your child's age or level of vision.



40. WATERCOLOUR BRACELETS

A craft project for the school holidays. Transform watercolour paintings into wearable art. See the link on page 52 for detailed instructions.



41. HAMMER AND NAIL

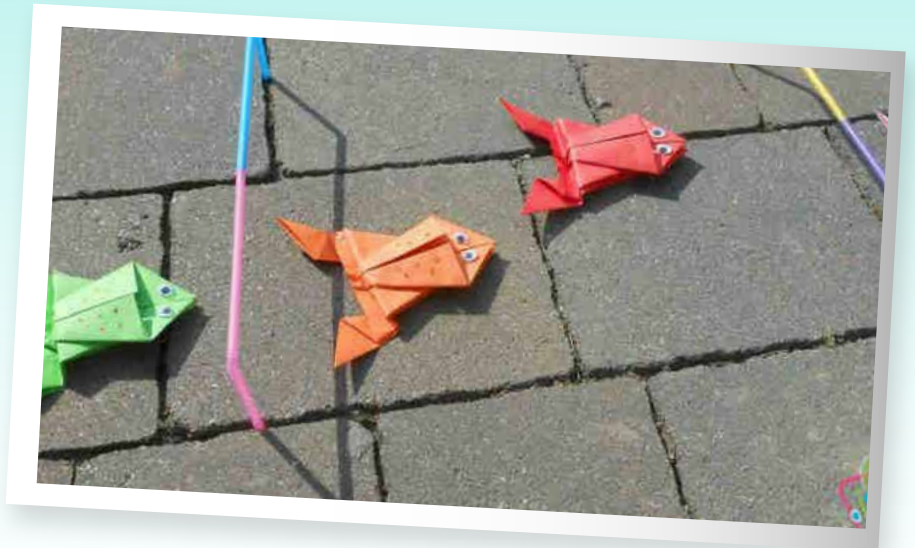
Hammering a nail into a block is a great activity to help with fine motor skill. Make this kid friendly by using matchsticks or golf tees, using a toy hammer and a foam block.

Origami: A set of instructions and coloured paper is all that you need for origami. This activity helps develop eye-hand coordination, sequencing skills and visual spatial skills. There are endless tutorials online to keep your child keep busy. Here are some of our favourites:



42. ORIGAMI FROG

Why not make some time for your child to play with their creation afterwards? This origami frog can jump! Make an obstacle course or racing track for your child to play with the frog they made. For instructions on how to make your jumping paper frog, see the link on page 52.



43. ORIGAMI PUPPY

This is another simple origami. Make these cute puppies and colour them in afterwards. Visit the link on page 52 for a video tutorial.



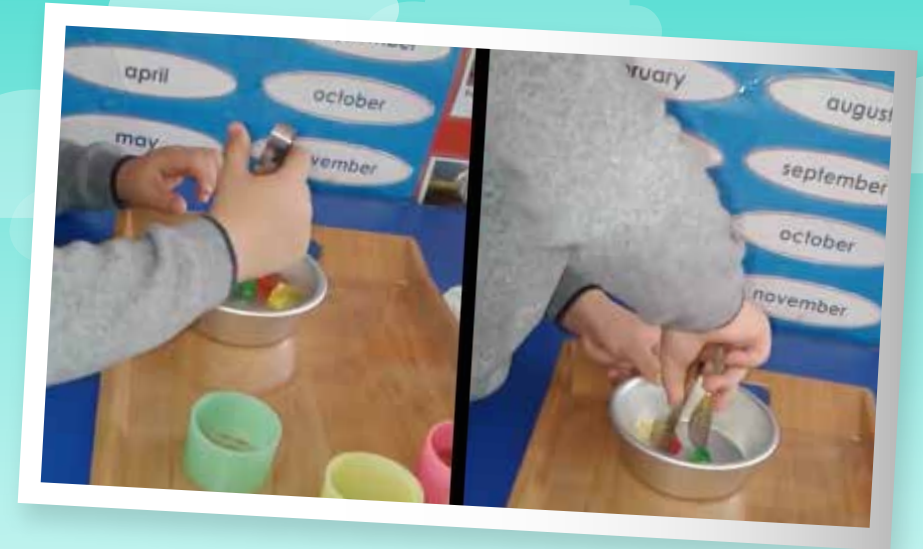
44. ORIGAMI LUCKY STARS

These origami stars will really work on fine motor skills. Use different coloured paper to make a colourful bunch and collect them in a jar. For the full instructions, visit <https://fridaspeach.wordpress.com/2013/08/28/origami-stars-tutorial/>



45. FISHING WITH TONGS

Throw in letters/numbers/shapes/animals in a tub of water and ask your child to fish them with tongs. You could also do this during bath time.



46. DARTS

Get a dartboard (kid safe!) and let your child practice some dart throwing. Great for developing hand-eye coordination.



47. PADDLEPOP STICKS IN A COFFEE CAN

A colour-matching activity that also works the fine motor skills. Using an old coffee can, poke 4 different slits through the plastic lid. Colour code each slit with 4 different colours. Ask your child to push corresponding paddle pop sticks into the can.



48. STRING OBSTACLE COURSE

An activity to improve gross motor skills. Create an obstacle course using string, allow it to go over chairs or under table, stick Post-It notes at certain checkpoints with different activities (e.g., star jumps). Ask your child to follow the string to complete the course.



49. BOARD AND CARD GAMES

Board and card games are great socially, and many of them have visual elements incorporated. We recommended “Jungle Speed”, “Uno”, “Zingo”, “Spot it”, which all have elements in the game that help develop visual processing skills like visual discrimination, visual spatial and visual memory.



50. LETTER WRITING PRACTICE

Create outlines of letters and ask your child to practice writing them by keeping inside the lines. Why not use this to help them learn how to write their name!



51. CAR RACING

Using some matchbox cars and some pieces of dowel (curtain rods 1 to 2 metres long, depending on the height of the child), make a racing track using masking tape on the floor. Have the child push the cars around the track using the dowels. The child is not allowed to touch the cars with anything except the dowel. Make the game more exciting by having them compete against you to see who gets the car across the finishing line first.



52. TOILET ROLL HAIRCUTS

A fun way to recycle your toilet rolls, cut “hair” into the toilet roll and create different hairstyles each time. Using scissors are a great way to work on fine motor skills and hand-eye coordination.



53. COOKIE CUTTER STAMPS

Easy craft activity for younger kids working on hand-eye coordination. Using cookie cutters and paint as stamps, make a scene on a page or patterns. Why not use this as wrapping paper for presents or book covers.



54. INDOOR VOLLEYBALL

Tie a piece of string between two chairs to create a net. Blow up a balloon and have a game of volleyball.



55. PAPER ROLL PENCIL CASE

Turn your toilet paper rolls into funky and colourful pencil cases. Great holiday activity before school starts! See link on page 53 for detailed instructions.



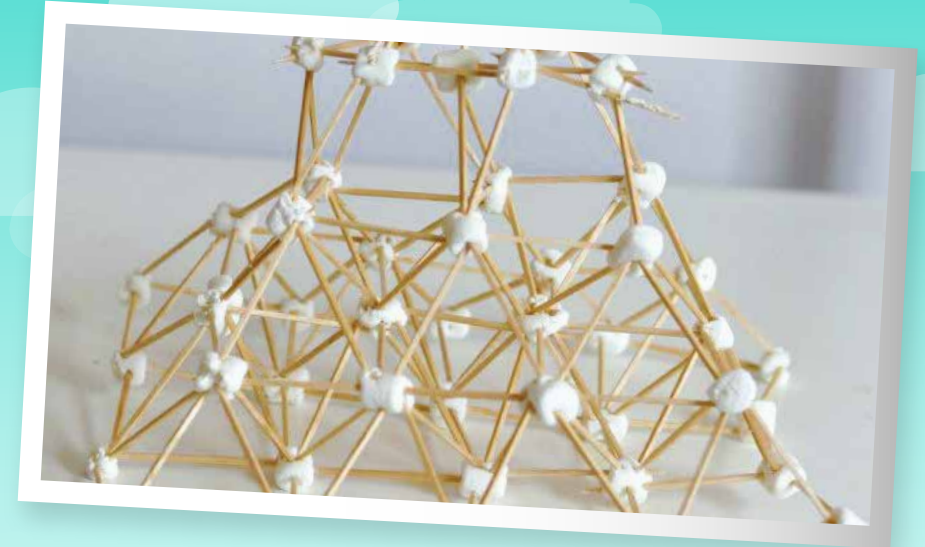
56. BAKING WITH KIDS

Let your kid mix the batter, cut out cookies and help with the decorating. At the end the whole family can enjoy a special sweet treat. Different stages of baking can help with motor skills, hand eye coordination, visual spatial skills, planning and sequencing skills.



57. MARSHMALLOW SCULPTURES

Using marshmallows and toothpicks, create 3D sculptures while practicing fine motor skills. You could even use this as a tool to do when learning about 2D or 3D shapes.



58. FAMILY TREE

Fun craft activity to teach your child about your family tree. Print off the template here and use thumb prints to create the leaves of the tree.



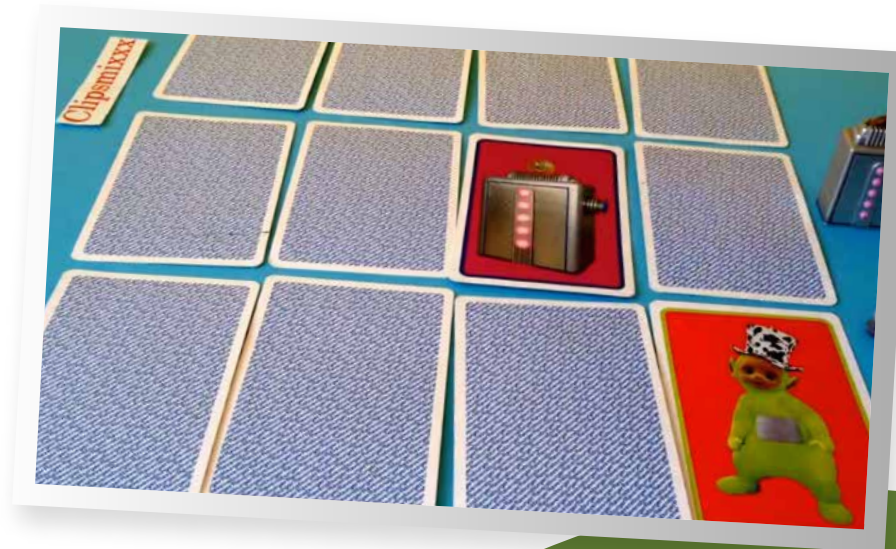
59. PIZZA SHOP

This activity combines a craft activity with imaginative play. Let your kids make pizza by colouring in a paper plate red to represent tomato sauce and sticking different coloured pieces of paper for the toppings. Set up a pizza oven (made from a cardboard box) to cook the pizza. Then slice the pizza up to serve.



60. MEMORY CARD GAMES

Classic game where you flip over cards and match pairs as quickly as you can. This game trains visual discrimination and visual memory skills. You can even make your own and combine this with learning alphabet or sight words using paper plates and markers.



61. SHAPE SCAVENGER HUNT

This is a simple activity for preschoolers. Draw out large shapes on pieces of paper and ask your child to look around the house for things that match the shape.



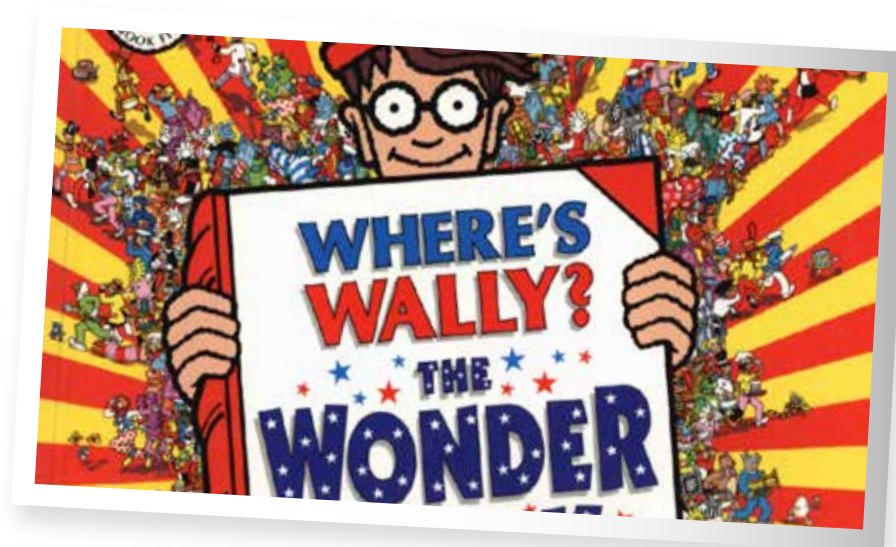
62. PAPER NINJA STARS

Make some easy paper ninja stars and decorate them. Follow the link on page 53 for full instructions.



63. WHERE'S WALLY BOOKS

These books are not only fun for kids but great for practicing visual discrimination and figure ground skills while patching.



64. CHALK DRAWINGS

Let your child create art on concrete surface in the backyard with chalk. You can join in and get creative too. Check out these fun ideas! Why not incorporate the eye patch into a pirate adventure.



65. FINGER PUPPETS

Make some finger puppets with your child. Cutting out felt and gluing on the decorations allows them to practice their fine motor skills. (Check out the link on page 53 for some inspiration.) Why don't you make some finger puppets from their favourite storybooks which you can then use for story times. How cute are these puppets from "The Hungry Caterpillar"!



66. PAPER PLANES

Experiment with folding different paper planes and flying them. Paper plane folding is great activity with many learning benefits like hand-eye coordination, visual spatial, sequencing skills just to name a few. It also introduces scientific thinking and exploration.



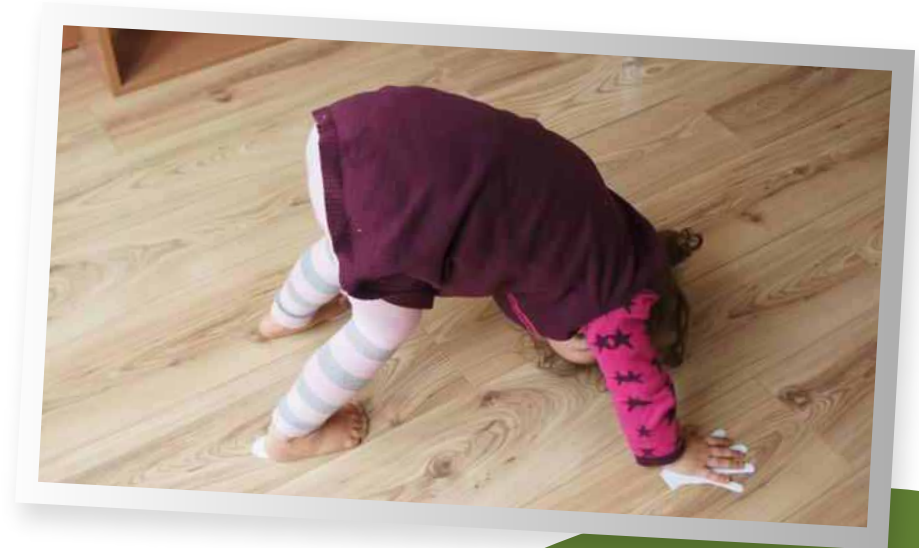
67. DOT-TO-DOT WORKSHEETS

Great visual activity that requires hand-eye coordination and fine motor skills to develop handwriting. Also involves practicing counting. There are plenty of free worksheets you can find online.



68. PAPER HANDS AND FEET

Help your child trace out their hands and feet and cut them out. Tape these on the ground and ask your child to match their hands and feet to the paper cut outs. You can move them around to make the poses trickier! Fantastic activity for gross motor and body awareness skills.



69. SORTING THROUGH TUPPERWARE DRAWER

Need some help reorganising your Tupperware drawer? Ask your child to help match the lids to the corresponding boxes and organise by shapes and size. This is a great visual spatial activity for your child while getting them to help around the house.



70. THUMB WRESTLING

Simple game you can do anywhere, all you need are your hands! Have 2 players hand clasp each other with thumbs mid air. First one to pin down the opponent's thumb for 10 seconds wins! Great for improving spatial judgments, hand-eye coordination and motor skills.



71. BALLOON GAMES

Blow up a couple of balloons and allow your child to play with them while developing hand-eye coordination and gross motor skills. You can set different challenges like how long you can tap the balloon so it stays in the air and not touch the ground.



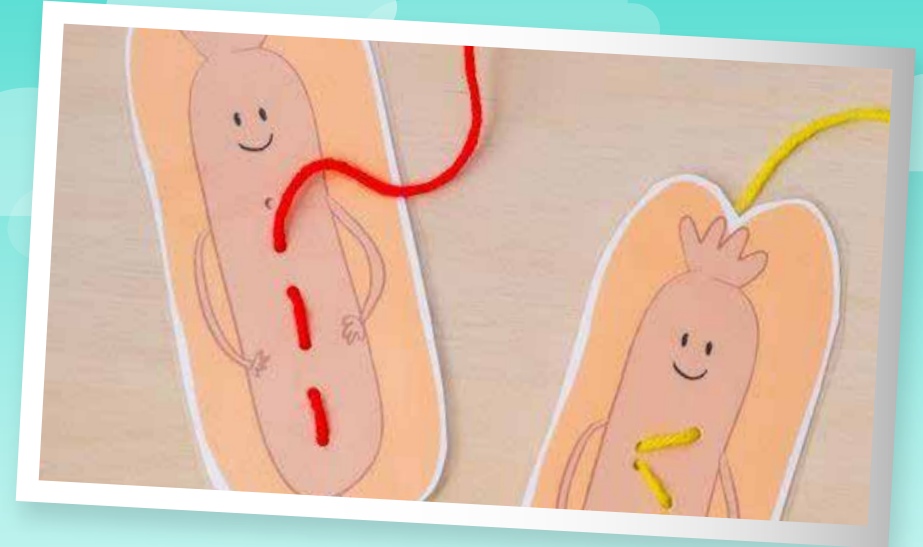
72. TIC TAC TOE

Play a game of Tic Tac Toe. All you need for this one is some pen and paper.



73. LACING CARDS

There are plenty of printables available online to help develop fine motor skills. Use string/shoelaces for younger kids or thread and needle for older kids. There are plenty on the Internet to get you started! Also check out this clever hotdog lacing cards activity (links on page 53).



74. MINI OLYMPICS

Something for the school holidays, set a day for some mini olympics and help develop fine and gross motor skills. Invite some friends over for some running races, egg and spoon race, sack racing just to name a few. Just make sure the other kids also wear an eye patch to keep it fair! Why not try to incorporate a pirate theme for some added fun.



75. CREATE A DIGGING BOX

A sensory activity that's fun for toddlers. Fill up a box with some digging material (rice, sand, cornmeal, flour) and hide some treasures inside (buttons, small toys). With some digging tools (colander, spoons, funnels) or just your hands, allow your child to explore and find the objects buried.



76. PUZZLES

Puzzles are great to do while your kid is patching as it is a visually stimulating task. It helps with hand-eye coordination when they pick up the puzzle pieces and also various vision processing skills such as visual spatial and visual discrimination to figure out how the pieces fit together.



77. YARN LETTER

Help our child make these colourful yarn letters which can then be used to decorate their room. Wrapping yarn around the cardboard helps practice hand-eye coordination and fine motor skills. You can vary the difficulty by using different yarn thickness.



78. BALL GAMES

Ball games are great for hand-eye coordination and gross motor skills. Play catch and throw, kick a ball around and shoot some goals just to name a few.



79. FRENCH KNITTING

With a toilet roll and some paddle pop sticks, make an apparatus for french knitting. Knitting is great for hand-eye coordination. Check the reference on page 53 for full instructions.



80. TYING KNOTS

80. Teach your child different types of knots they can tie. Your child will learn a new skill, work on their fine motor skills, hand eye coordination, sequencing and following instructions at the same time. Check out “The Klutz Book of Knots” by John Cassidy or use the internet as your resource.



81. POLYMER CLAY

Fun clay-like material you can use to make various different things like animal figures, bowls, jewellery. Also helps to strengthen little fingers, improve fine motor control, and allow kids to explore mixing different colours together. Easy to use, and you can let them harden in your oven for lasting creations!



82. FOLLOW THE LINE

Draw some lines mixture of straight and curvy lines with some chalk. Ask your child to follow the line from start to finish. Give them challenges like jump or hop with one leg to work on gross motor skills.



83. BUTTON STACKING

Give your child an assortment of buttons and challenge them to stack as many as they can in 1 minute.



84. DICE BINGO GAME

Learn early maths concepts and counting with this game. The full instructions with printables can be found on the link on page 53.



85. DECORATING BISCUITS

Buy some Arnotts Arrowroot biscuits, ready made icing (or make your own), and various decorations such as sprinkles, small lollies, chocolate chips. Allow your child to decorate the biscuits. Why not challenge them to write out the alphabet with the icing and decorations. Great activity for fine motor skill development.



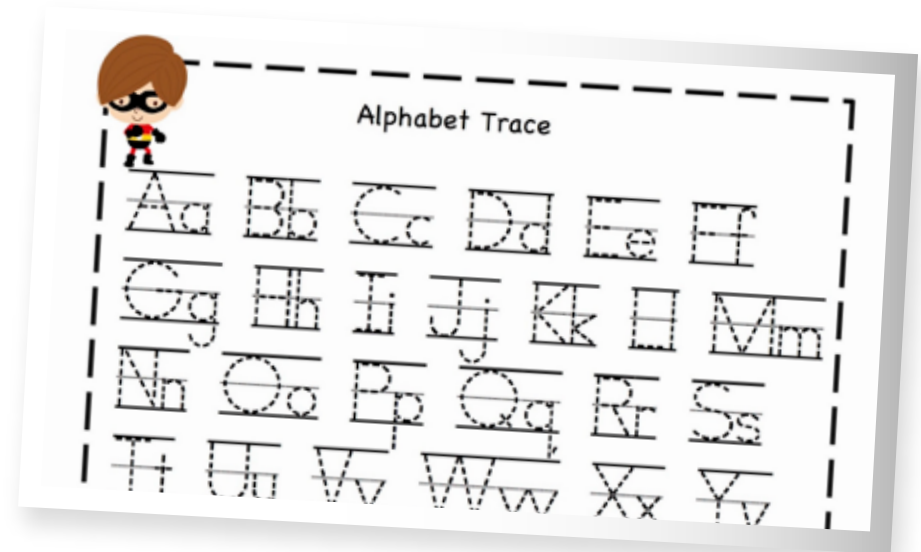
86. PET ROCKS

Collect some rocks and transform them into pets with some simple craft materials. Use plastic googly eyes, pom poms, felt scraps, yarn, sequins just to name a few. Use a cotton bud to help you apply glue and glue the bits and pieces into place.



87. TRACING WORKSHEETS

For younger kids, tracing is a great activity to help with hand-eye coordination and developing handwriting skills. It is also simple to organise and easy to do while patching. There are plenty of free worksheets online to print out.



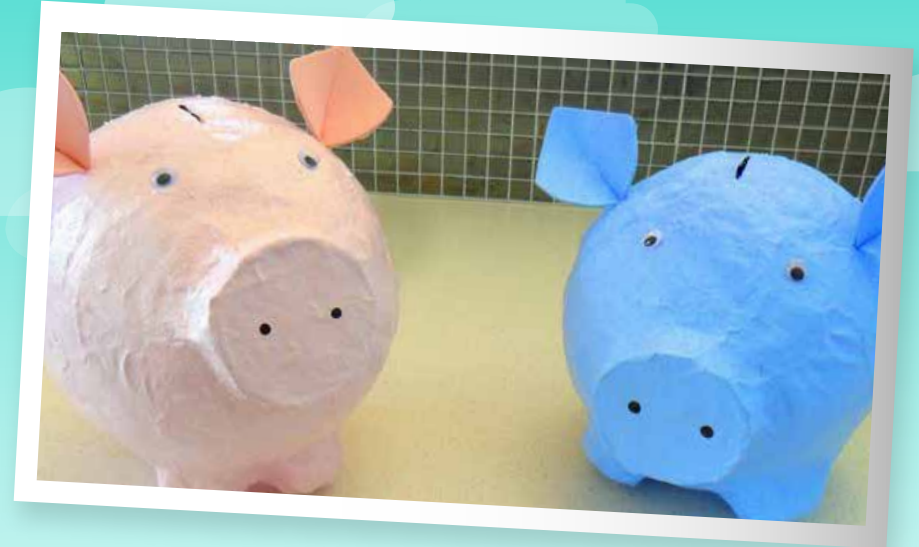
88. HOPSCOTCH

Hopscotch is a simple and fun activity that works on body awareness, gross motor skills and balance. Simply hop across the numbered squares to the other side or throw a small object (e.g., pebble) into one of the squares, skip the square with the pebble or try to retrieve it as you jump across.



89. PAPIER MACHE

Great craft activity that kids will love! Some preparation is involved, but the supplies are easy to find. Keep your child occupied for hours making the project, decorating and painting it. Try out these papier mache piggy banks! See the link on page 53 for detailed instructions.



90. ABC SIDEWALK CHALK GAME

Learn the alphabet or practice spelling while working on gross motor skills. Write out letter of the alphabet randomly in a 6x6 grid and keep some squares blank. Jump across letter by letter to complete the alphabet in order, or give a challenge to spell out words. If the letters are too far apart to jump, you are allowed to use the blank spaces as a stepping stone.



91. RUBBER BAND COUNTING

Teach your child how to count while developing their fine motor skills. Thread small rubber bands onto paddlepop sticks with numbers. Make sure the number of rubberbands match the number written on the paddlepop stick.



92. EGG CARTON CARS

Egg cartons can make eggcellent craft activities! Turn something you would throw into the bin into cars for play or cute little animals. See references on page 53 for detailed instructions.



93. Q-TIP PAINTING

With a Q-tip or cotton bud and some paint, you can create interesting artworks made from dots. Draw a simple outline and ask your child to fill it in with paint dots.



94. PAPER YARN HEARTS

Sewing is excellent for working on hand-eye coordination and fine motor skills. These pretty paper yarn hearts are a great introduction to sewing techniques. Why not use them as birthday cards to give away!



95. DIY TRAVEL TIC TAC TOE GAME

If you want a more challenging sewing activity, make your own Tic Tac Toe playing mat. Your child will enjoy playing with what they made afterwards. For detailed instructions, see the link on page 53.



96. A GAME OF SNAP

Bring out a deck of cards and play a classic game of snap. Teach your child how to match pairs while practicing visual discrimination skills.



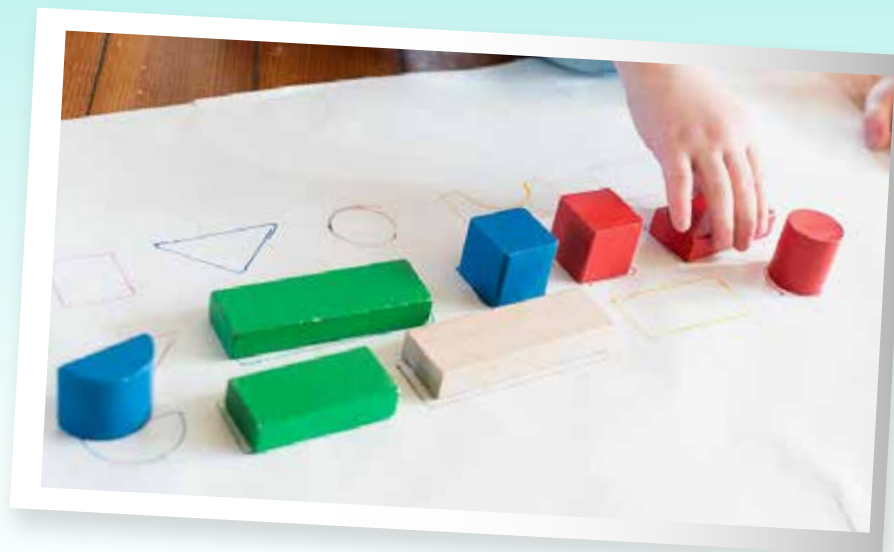
97. ALPHABET TREE

Practice the alphabet while making this alphabet tree. Cut out brown paper to form the trunk and glue it on a piece of cardboard or paper. Depending on the age of your child, you may let them write the letters on their own to form the “leaves of the tree”. Cut out the “leaves” and glue them on the cardboard or paper to complete the tree.



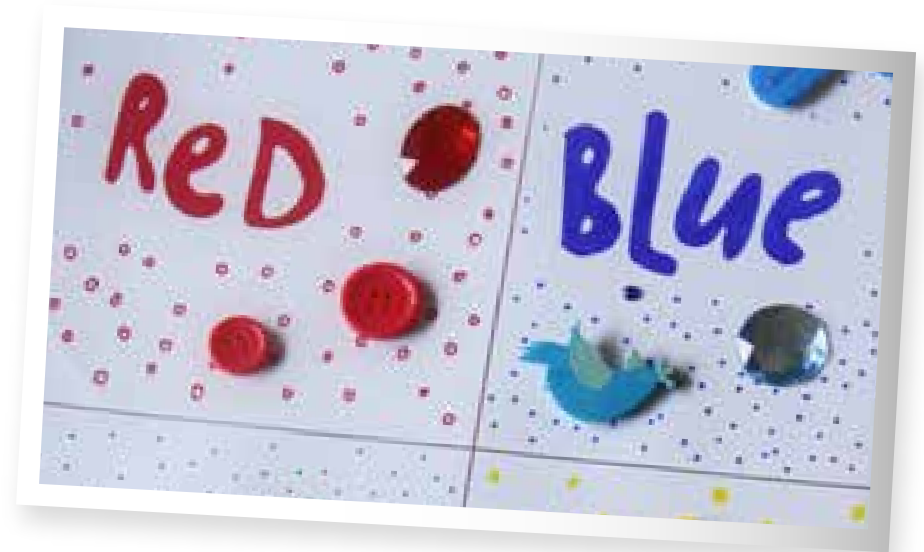
98. BUILDING BLOCKS

Wooden blocks are great for a number of activities. Let your child play with the blocks as they like, build a tower or a city. You can use it for visual discrimination and visual spatial activity by tracing out the blocks onto paper and asking your child to match the shapes to the blocks.



99. COLOUR COLLAGE

Help your child learn their colours! Using various craft supplies like pom poms, sequins, felt pieces, coloured paper. Match colours to the corresponding section on the page.



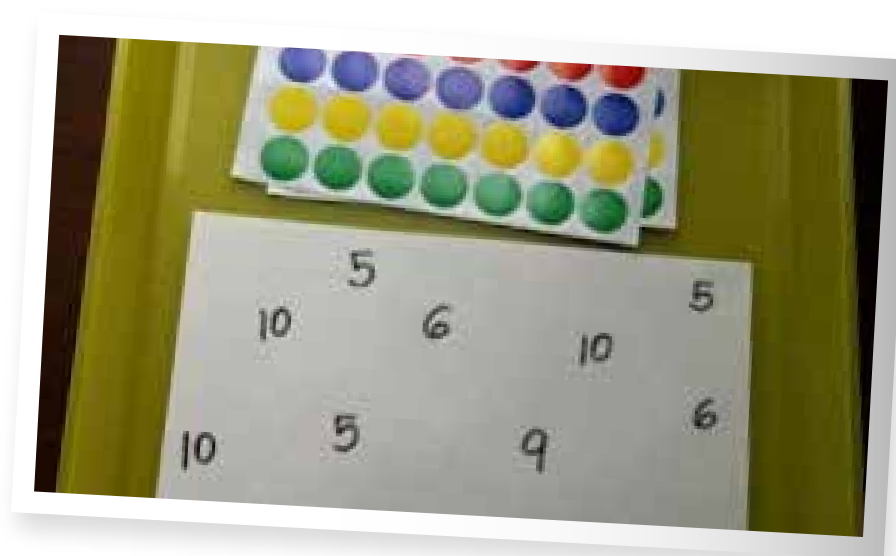
100. STICKER PUZZLE

Create your own puzzles for your child with minimal effort and materials. Just peel the outline of stickers and stick it on a contrasting coloured piece of paper then ask your child to place the sticker into the correct spots! Fantastic activity to work on visual spatial skills.



101. SACCADE WORKSHEET

Saccades are rapid movements of the eyes as they jump between two targets. This activity works on your child's saccades as well as visual perception, as this will require their eyes to jump around the page. Your child not only has to spot the numbers on the worksheet, they have to circle or mark it with the correct colour (as indicated by the key at the bottom of the page). For the full instructions, refer to the link on page 54.



REFERENCES

The following websites have been very useful in helping us compile the list of activities. Check them out for more creative and fun activities for kids!

The activities found in this guidebook were mostly taken from either of these three educational sites, unless otherwise stated:

www.theimaginationtree.com

<https://handsonaswegrow.com>

<https://frugalfun4boys.com>

References Per Activity

Activity 2: <http://thisreadingmama.com/alphabet-playdough-mats/>

Activity 5: <https://frugalfun4boys.com/2017/05/11/kids-craft-pipe-cleaner-monkeys/>

Activity 14: <https://handsonaswegrow.com/make-easy-snowflakes-snowy-garland/>

Activity 18: <http://hearthookhome.com/different-methods-making-pom-poms/>

Activity 29: <http://www.redtedart.com/bubble-wand-making-station/>

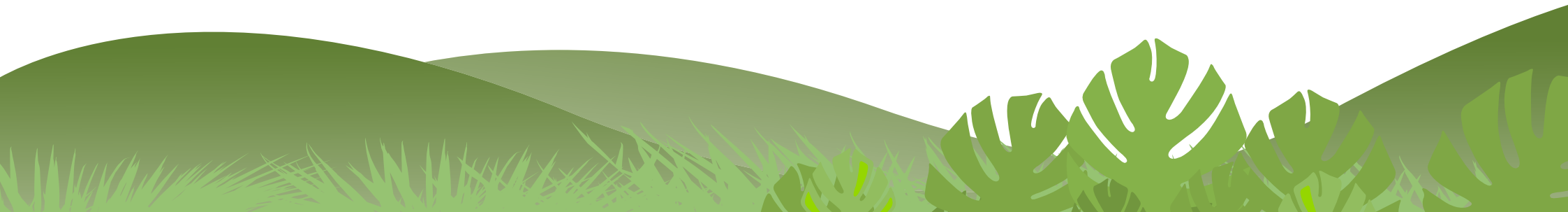
Activity 37: <http://pagingfunmums.com/2016/09/15/hedgehog-paper-plate-craft/>

Activity 38: <http://www.momsandcrafters.com/clothespin-paper-puppets/>

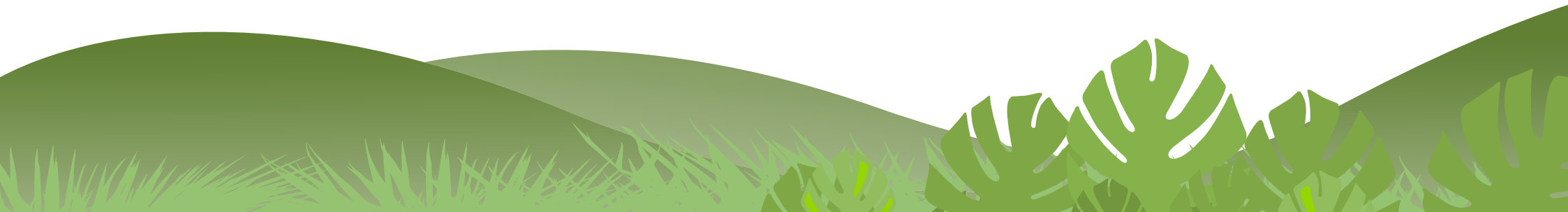
Activity 40: <http://picklebums.com/make-folded-paper-bracelets/>

Activity 42: <http://www.itsybitsyfun.com/blog/how-to-make-an-origami-frog-that-jumps/>

Activity 43: <http://www.redtedart.com/easy-origami-dog-puppy/>



- Activity 44: <https://fridaspeach.wordpress.com/2013/08/28/origami-stars-tutorial/>
- Activity 50: <https://buggyandbuddy.com/beginner-name-writing-practice-for-preschoolers/>
- Activity 55: <http://www.momsandcrafters.com/pencil-pouch/>
- Activity 58: <http://www.goodhousekeeping.com/home/craft-ideas/a37873/family-tree-craft-for-kids/>
- Activity 62: <https://frugalfun4boys.com/2017/05/24/fold-paper-ninja-stars/>
- Activity 65: <http://blog.vickybarone.com/2015/04/15/diy-finger-puppets/>.
- Activity 73: Two websites: <http://www.livinglifeandlearning.com/printable-lacing-cards-kids> and <http://www.classic-play.com/practivehot-dog-lacing-card-printable/>
- Activity 75: <http://busytoddler.com/2016/02/button-excavating-digging-sensory-activity/>
- Activity 77: <http://www.artbarblog.com/yarn-wrapped-cardboard-letters/>
- Activity 79: <http://www.repeatcrafterme.com/2015/11/cardboard-roll-snake-knitting.html>
- Activity 84: <http://www.learning4kids.net/2015/05/12/subitising-printable-dice-game/>
- Activity 89: <https://www.brisbanekids.com.au/papier-mache-piggy-bank/>
- Activity 90: <https://buggyandbuddy.com/abc-sidewalk-chalk-game/>
- Activity 92:
- a. <https://frugalfun4boys.com/2017/04/20/adorable-egg-carton-turtle-craft-caterpillar-frog/>
 - b. <http://thepinterestedparent.com/2016/07/egg-carton-cars/>
- Activity 94: http://www.hellowonderful.co/post/MAKE-STRING-HEART-YARN-CARDS#_a5y_p=6070491
- Activity 95: <http://www.parents.com/fun/arts-crafts/sewing/travel-tic-tac-toe-game/>
- Activity 97: <https://www.education.com/activity/article/alphabet-trees/>
- Activity 99: https://www.education.com/activity/article/Color_Collage_Kindergarten/
- Activity 101:
- a. <https://theanonymousot.com/2013/02/01/pinned-on-pinterest-tested-in-therapy-test-pin-4/>
 - b. https://theanonymousot.files.wordpress.com/2013/02/img_6234.jpg?w=298&h=400



GLOSSARY

Amblyopia: Amblyopia or “Lazy Eye” is caused by various conditions which prevent the brain from using both eyes together. The amblyopic eye presents as experiencing constant blurred vision that is not cleared with the appropriate spectacles or contact lenses. The issue arises when there is loss or lack of development of vision for that eye in the brain.

Body Awareness: This is the understanding of different parts of our body and where they are positioned in space. It is important for both gross and fine motor skills and is the foundation for more complex processing like visual spatial skills.

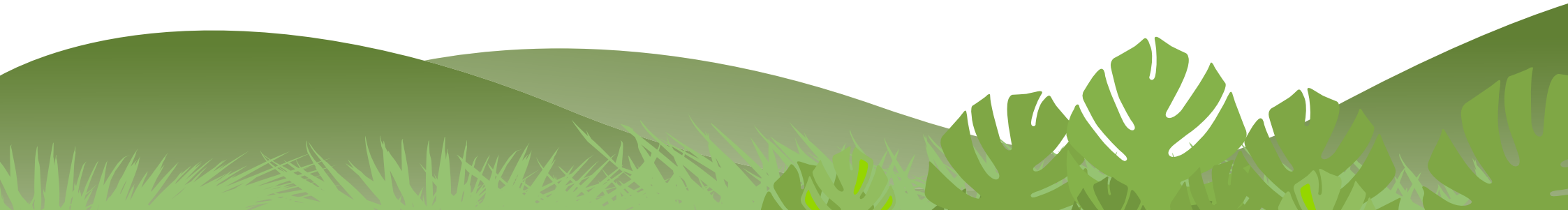
Eye Tracking: Eye tracking (pursuits and saccades) is the ability to keep the eyes on target when looking from one object to another such as moving the eyes along a printed page or following a moving object, like a thrown ball. Reading requires very fine eye movements to be made. As well as fixating and following along a line of text, children must also be able to make the fine adjustment needed to read to the end of one line then accurately find the next line down to continue reading.

Figure Ground: This is the ability to pick out an object of interest among a busy background and is an important skill for learning. Poor figure ground skills can lead to losing place when reading and difficulty copying from the board.

Fine Motor Skills: Describes the ability to control small muscles in the hands and fingers. Development of fine motor skills are important for handwriting and daily tasks like tying up shoelaces, button shirts, etc.

Gross Motor Skills: Involve larger muscle groups and whole body movement and is important in many day-to-day activities like walking, running, sitting and maintaining good posture.

Hand-Eye Coordination: This describes the ability for the visual system to coordinate information from the eyes to direct the hands to complete a task. It is important for many learning tasks and day-to-day tasks such as writing and playing sports.



Lazy Eye: See Amblyopia

Sensory Activity: This describes any activity which stimulates your child's senses (i.e., touch, smell, taste, vision, hearing). It is particularly useful for younger kids to facilitate exploration of the world and a foundation for more complex processing and learning tasks.

Sequencing Skills: This is the ability to arrange thoughts, actions and information in an order. It is an important skill for things like following instructions, mathematic skills, spelling words in the right order to name a few.

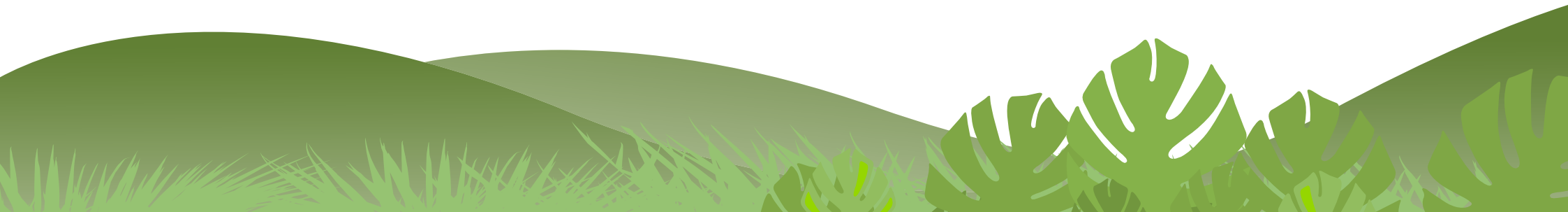
Visual Motor Integration: This is the coordination of vision and vision processing abilities with fine motor control in an efficient way. It is similar to hand eye coordination but a more complex skill as it requires higher order visual processing. An example of a visual motor integration task would be copying shapes/forms.

Visual Discrimination Skills: This is the ability to recognise details in visual images and allows your child to identify similarities or difference between visual objects. Good visual discrimination skills can help your child learn their alphabet and sight words.

Visual Memory Skills: Visual memory is the ability to remember and recall information presented visually. Good visual memory allows the child to remember and recognize words, shapes and numbers.

Vision Processing Skills: What we see is captured by our eyes and then processed by our brain. Vision processing skills encompass a range of skills that allow us to understand what we are seeing.

Visual Spatial Skills: Visual spatial skills is the awareness your own position in space in relation to other objects as well as the location of objects relative to each other. Child with poor visual spatial skills may have difficulty with reversals ("b", "d") and organising their work on a page (left to right, top to bottom).





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