



Cognitive-Perceptual Materials & Activities

Creative Play

- Building with blocks or constructional toys can improve spatial relations.
- Creating objects with play-doh or modeling clay can improve spatial relations.
- Drawing objects upon request can improve memory and identification skills.
- Coloring within lines can improve spatial relations and attention to detail.

Games

- I-spy, searching for named objects can enhance visual scanning, attention span, & memory.
- Treasure/scavenger hunting can enhance object recognition, direction following, & map reading.
- Playing ball games can enhance sight and time perception when throwing/kicking a ball.
- Computer or video games can enhance logical thinking, problem solving, & spatial perception.
- Card games can enhance sequencing, counting, strategy/thinking, memory & attention span.

Matching/Identifying

- Start by matching colors, then common objects/shapes/body parts followed by letters/numbers.
- Ask for matching animals to animal sounds and body parts to function.
- Ask to name people in photographs or books to improve recognition skills.
- Copy examples of colors/shapes in sequences from stringed beads, peg designs, or flashcards.
- Match uppercase to lowercase letters on opposite sides of a page.
- Match letters on blocks to letters on flash cards like in the game Boggle.

Ocular Motor (Eye Movement)

- For younger children, look through small holes or rolled up tubes to enough view through one eye.
- Following objects or a finger puppet by only moving the eyes to follow in different directions.
- Read mixed letters or sentences while walking on a treadmill or marching in place.
- Search for small objects in a large drawer of mixed items using only the eyes.

Problem Solving/Logical Thinking

- Problem solve in everyday activities like opening doors or containers or putting objects in place.
- Ask questions when food shopping about the things you are buying and why.
- Sort household items like dishes and utensils to load a dishwasher and clothes to separate laundry.
- Create physical obstacles in the home and look at the response and thought used to overcome or get around the obstacles.
- Create a calendar and give only a few details, i.e. "There are 30 days. The third is a Monday."
- Create a list of daily activities in sequence, i.e. First, I took a shower.... Next, I got dressed....

Visual Perception

- Introduce formboards before interlocking puzzles.
- Start with simple 2-piece puzzles for toddlers and increase difficulty with the number of pieces and the size and shape of pieces as the child ages.
- School-age children can complete crossword puzzles, word finds, and hidden picture worksheets.
- Write letters backwards or upside-down as see if the child can notice and correct the errors.

Additional Tips from a Therapist

- Try to encourage independence and give a child a chance to figure something out before you step in to help if danger is not a concern.
- Children respond well to stickers and other rewards like free time with a favorite toy.
- Almost any activity can help to improve cognitive-perceptual skills with a little creativity.