

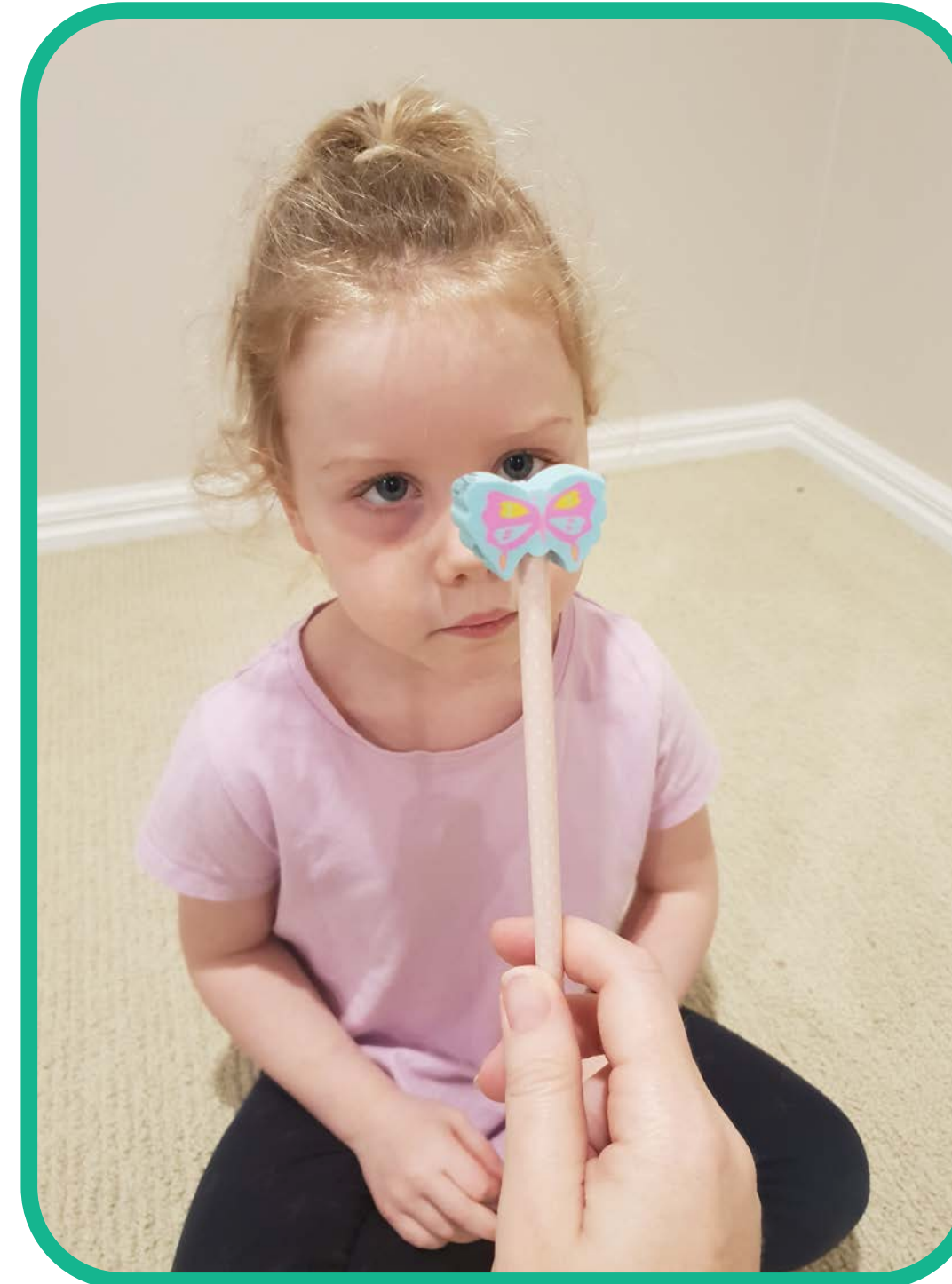


We need smooth visual tracking skills to be able to have smooth reading, balance, spatial awareness and hand-eye coordination skills.

Visual Tracking Activities



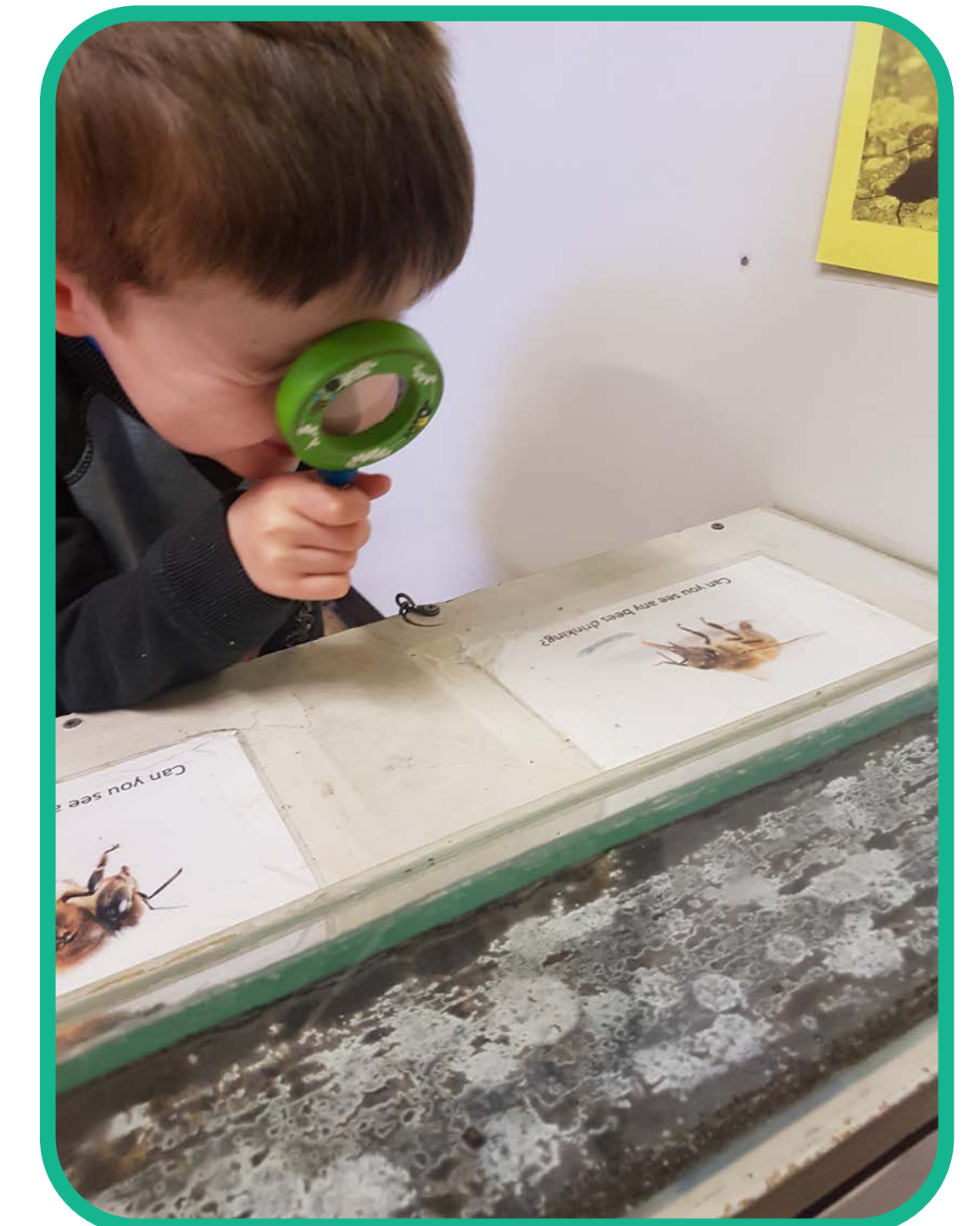
Slowly follow pencil with eyes



Do a basic puzzle while balancing



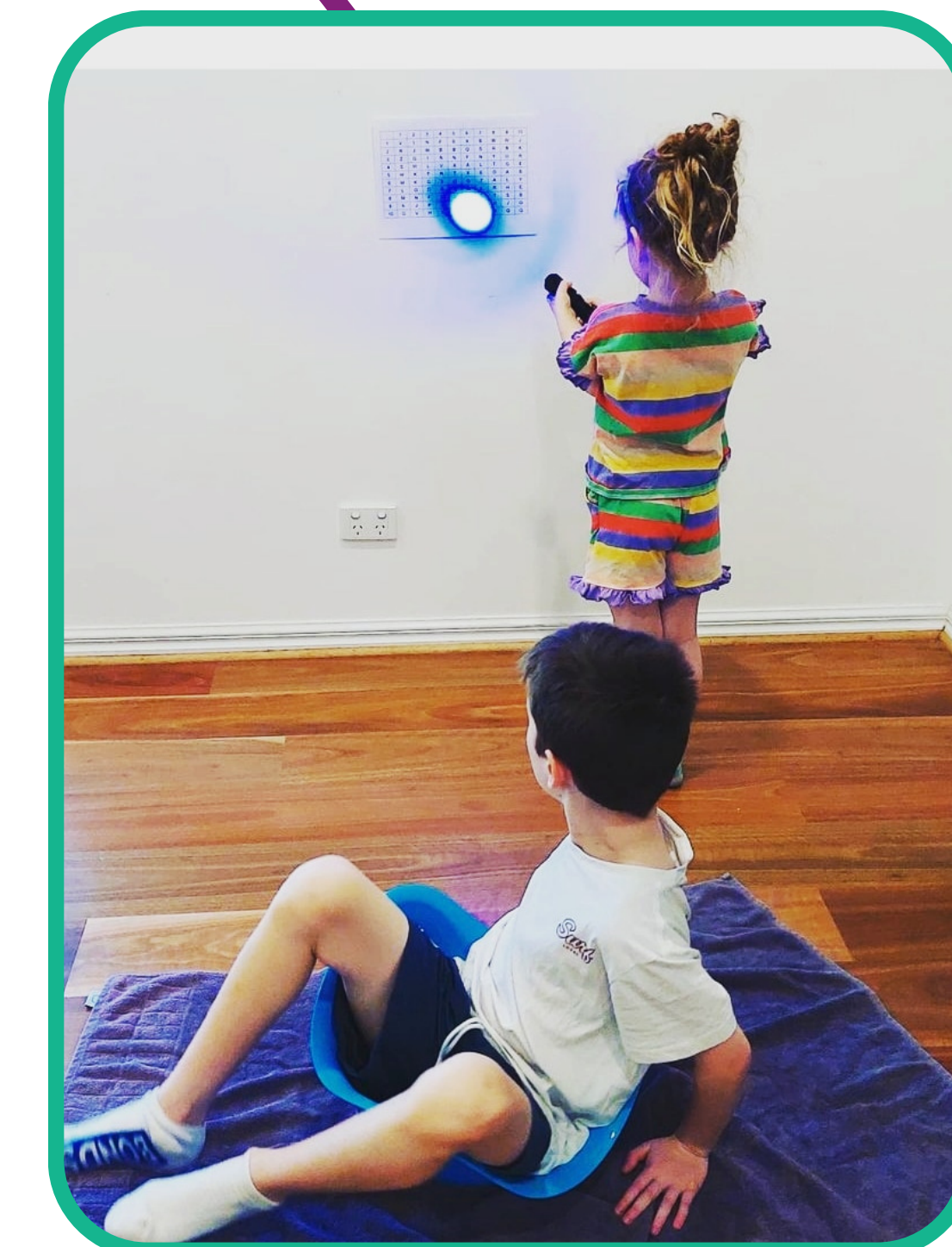
Have fun with a magnifying glass



Play a game of 'pairs' (start easy)



Slowly follow moving hand



Spin then look at a mark on the wall