



Presentation: Motor and Sensory Processing/Integration activities for school aged children with Visual Impairments

1. Ascending and descending a flight of stairs with a reciprocal pattern.
Challenge: Do not use handrails and increase in speed or try going backwards with you monitoring safety behind them.
2. Stand and touch right hand to left foot, then left hand to right foot.
Challenge: Increase in speed.
3. Student stands and holds a punch balloon or holds a Body band for perturbation while the child remains still.
Challenge: do punch balloon play in both hands at once.
4. Stand and march in place with opposite elbow to opposite knee or feet marching while hands swinging opposite arm to opposite leg.
Challenge: Increase speed.
5. Sit on a therapy ball to increase balance, trunk control, and gives the child sensory stimulation while bouncing.
Challenge: Balance while weight shifting forwards and backwards and left to right.
6. Place legs and lower trunk/pelvis on therapy ball and hands on the floor. Walk on hands (forward and backwards) to increase upper extremity strength and weight bearing through hands.
Challenge: Decrease the amount of body/legs on the ball or have the student walk to get to something on the floor in front of them and bring it back.
7. Two students have wheelbarrow races, one holding the other's feet across the room then switch to increase child's upper extremity strength and weight bearing.
Challenge: Have students hold closer to ankle's of other child's legs.
8. Have children walk on a tactile road with different items on the floor. Example-shag carpet, tile, bubble wrap, sand paper, Mylar paper, and rug gripper.
Challenge: Have students crawl on the road for more sensory stimulation through hands and legs.
9. Have the children jump on a mini trampoline, bean bag chair, or pillows.
Challenge: Have the children jump on only one foot.
10. Have children play with a Hulla Hoop as a jump rope. (Just move it forwards and backwards, it doesn't have to go over their head like a jump rope.)
Challenge: Have them jump with the Hula Hoop to a metronome or music.
(Listening and moving at the same time.)
11. Squeeze a stress ball or pull stretchy toys to increase grip/hand strength and upper extremity strength.
Challenge: Have children play with two balls, one in each hand alternating squeezes.
12. Color over different textures (try old window screen, corrugated cardboard) varying speed and pressure.
Challenge: Have children stand at table and try to color larger piece of paper.

13. Play Simon Says and do arm circles. Do big and little in front of the body, to the sides, and to the back.
Challenge: Try using two cans of soup/weights (not more than three to five pounds each hand.)
14. Play tug of war using a strong rope, jump rope, lycra material (one yard length) or theraband./theratubing.
Challenge: Use only one hand at a time to pull and remember not to let go.
15. Pass a heavy bean bag back and forth. Do for the duration of a song.
Challenge: Use a bunch or weighted bean bags and increase the time to two songs.
16. Oral activities can be used in the classroom: Sucking is calming and organizing. Try straw drinking or sucking on a lollipop. Blowing activities are good for calming and breathe control. Try blowing bubbles or whistles. Chewing can be good for alerting and organizing. Try chewing gum or eating a crunchy snack.
Challenge: Try a new food! Remember not to force and let the child set the pace.

Mindy Doyle-McCall, RPT
Carol Spicer, OTR
Anchor Center for Blind Children