Visual Cheat Sheet

Visual Avoiding Behaviors

* Covers eyes, squints, or screens out sights
* Avoids bright lights and sunlight
* Withdraws from participating in group movement
* Scared of moving objects
* Avoids direct eye contact
* Frequent headaches, dizziness, or nausea when using sight
* Unaware of contrasting colors/tones
* Seems clumsy due to being unaware of objects in a path
* Unable to determine distance
* Rubs eyes

Visual Seeking Behaviors

* Stares at bright lights, flickers or direct sunlight
* Stares at moving objects
* Moves and shakes head during writing or fine motor activities
* Holds items close for inspection
* Seems unaware of new people/items in an environment
* Has difficulty focusing on stationary objects
* Frequently loses the place on a page
* Seeks visual stimulations such as spinning, patterns, fans, and fences

Visual Activities

* Visual Schedules
* Reducing Clutter
* Give “Eye Breaks”
* Sensory Retreats
* Color Matching Games
* Guesstimation Jars
* Bean Bag Toss
* Flashlight Tag
* Light Table Activities
* Sensory Bottles
* Drawing, Painting, Gluing
* Alphabet I-Spy
* Marble Mazes
* Labrytnths

* All information is merely a suggestion and should be used as a resource. Please consult with a certified OT before starting any sensory diet.