



Visual Cheat Sheet



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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
- * Labrynth

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