



# Private Occupational Therapy

In-Home Pediatric Occupational Therapy

## VISUAL PROCESSING

Vision plays an important role in reading, copying, interpreting the world, attention, depth perception, finding objects in competing backgrounds, arousal levels, eye contact, social interaction and many other jobs.

### CLASSROOM ADAPTATIONS/ACCOMMODATIONS

- Minimize visual clutter
- Increase light to increase arousal- The use of bright colors is alerting
- Decrease light to decrease arousal - Natural light is calming, Soft colors are calming
- Use pictures to help with transitions
- Make a clear indicator of where a child should sit (carpet square, x on rug)
- Provide visual cues for what happens in different spaces of classroom
- Tape an alphabet strip and number strip on the child's desk for reference
- Sit child in front to decrease visual distraction
- Avoid sitting beside window if light sensitive
- Provide visual cues to define physical space
- Use visual cues on the floor to direct students to different spaces
- Use visual barriers to decrease stimuli
- Slanted/angled work surface
- Utilize Time Timer and Sand Timer

### CALMING/ORGANIZING ACTIVITIES

- Qualities that make visual sensations calming: unchanging stimuli, subtle or subdued patterns/ colors
- Turn lights off or dim lights  
Lava lamps, snow globes, sand flow toy, oil and water toy
- lazy 8's, alphabet 8's, elephant  
Dot to dots  
Puzzles

### ALERTING ACTIVITIES

- Qualities that make visual sensations alerting: peripheral vision, unexpected sights, bright colors or lights, red-yellow shades, white or black
- Use a flashlight to increase attention to visual field  
Use multi-colored materials to alert