



Visual Spatial Relations Skills

Definition of visual spatial relations and its importance:

Visual spatial relations refers to your ability to perceive two or more objects in relation to each other and to yourself. It is an important skill to learn because it helps us plan movements and activities, understand directions and reversals, determine how far away or close something is as well its position, e.g. behind, in front or on top.

Strategies and activities to help develop visual spatial relations skills – Primary aged children:

- Movement games with boundaries – tag, hopscotch, stuck in the mud
- Action songs – Hokey Cokey, Head Shoulders Knees and Toes, Cha Cha Slide
- Play Simon Says
- Create an obstacle course where children have to go under, over, through and beside objects
- Ask the child to help with chores such as laying a table and sweeping

Strategies and activities to help develop visual spatial relations skills – Secondary aged children:

- Complete erection/craft projects where you have to follow directions to make something, e.g. origami
- Play board games
- Sports games – football, basketball, gymnastics, dance
- Tangram puzzles
- Copy pictures from paper then increase the challenge by copying a picture from far away.