



Visual Perception for Early Years

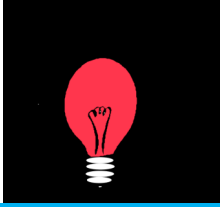
Visual Perception is the way we know and understand the world around us through what we see. It is not our ability to see things, but our ability to make sense of what we see.

Before being able to fully understand what an object is, we first need to explore how it feels.

Allow your child time to explore different shapes and textures using their hands and mouth to assist them in building a mental picture of an object.

Visual Perception includes:

- **Visual Attention** is being able to focus on a specific task or item.
- **Figure Ground** is being able to find one shape or item from a collection of shapes or items.
- **Form Constancy** is being able to recognise that two objects can be similar even though one may be bigger, smaller, turned around, upside down or partly hidden.
- **Spatial Awareness** is being able to understand where your body is in relation to other objects and people in a room. It is also being able to identify different shapes and understand distance.
- **Visual Discrimination** is being able to find similarities and differences between objects, looking at size, shape or colour.
- **Visual Memory** is being able to remember an item or details we have seen, when it is removed from view
- **Visual Closure** is being able to recognize and name an object when it is partly hidden.



Activity Ideas

- Play Peekaboo
- Hide and seek with toys
- Feely boxes - Look for hidden items, or explore different textures
- Basic sorting and matching games
- Playing in soft play - Use of directional prompt words such as 'over', 'under' and 'through'
- Interactive nursery rhymes where they have to copy an action such as 'Heads, Shoulders, Knees and Toes'
- Dress up games—or dress up dolls, identifying body parts
- Sand and water play - Emptying and filling containers

Toy Suggestions

- Basic jigsaw puzzles and inset puzzles
- Construction toys such as mega blocks or stickle bricks
- Shape sorters
- Light up and sound toys
- Finding the Hidden Object books
- Nesting and stacking cups
- Basic spot the difference pictures

