

EYE–HAND COORDINATION ACTIVITY GUIDE

Why Eye–Hand Coordination Matters

Eye–hand coordination is the ability to use visual input to guide accurate hand movements. It plays a vital role in everything from tying shoes and catching a ball to writing neatly and pouring a drink. If a child struggles in these areas, simple targeted activities can make a big difference.

This guide offers easy, low-prep activities you can use at home or at school to support visual-motor development.

Activity	Description	Tips for Success
Stringing Beads or Pasta	Have the child thread beads onto yarn or pipe cleaners	Use larger beads for younger children and progress to smaller sizes
Ball Toss & Catch	Practice catching a ball with both hands, then one hand	Start with a balloon or beach ball to build confidence
Copying Simple Block Designs	Child builds a model using blocks based on your example	Sit side-by-side to reduce visual confusion
Rolling a Ball Back and Forth	Sit across from the child and roll a ball to each other	Vary the speed and direction to challenge tracking
Tracing & Maze Worksheets	Use printables with paths, shapes, or mazes to trace	Try using a finger first, then a marker or crayon
Dot-to-Dot Pictures	Connect numbered dots in order	Helps with sequencing, motor control, and tracking
Tweezer Transfer	Use tweezers or tongs to move small items into containers	Builds precision grip and coordination

Signs a Child May Need More Eye–Hand Support

- Avoids crafts or table work
- Poor pencil grasp or messy handwriting
- Difficulty catching or throwing
- Over- or under-reaching for objects
- Spills frequently when pouring or scooping

If eye–hand coordination struggles persist or interfere with learning, daily tasks, or confidence, a **developmental vision or occupational therapy evaluation** may be appropriate