



# Successful Learning Ltd

## Visual Motor and Perceptual Skills Therapy

Improve Tracking / Visual Discrimination/ Visual Spatial Skills

For use by Orthoptists, Occupational Therapists,  
Optometrists, Special Needs Teachers

[www.successfulearning.co.uk](http://www.successfulearning.co.uk)

Developed by Dr Nadia Northway PhD BA DBO FBIOS SFHEA

### Symbol Search Task

This exercise is designed to help with searching skills (visual tracking) and identification of shape. These are skills which are essential to reading. The exercises should be carried out under supervision. Accuracy is more important than speed but your child will get faster with experience. Your child should search for a given symbol as directed by you and circle it each time they see it using a non permanent pen. They should be encouraged to take their time and look along each row accurately. If they miss one they should start from the beginning again. This should be carried out every day for 5 minutes and should be fun. Fingers or rulers can be used initially to help keep the place but ultimately these should not be used.

There are varying level of difficulties. The smaller and more compact the shapes are the more difficult it is to find them and distinguish between each one. The snowflakes should help with shape identification which in turn will help a reader identify letters and words.

The triangles can be used at various angles. This can help with letter reversal problems. Turn the card round and ask your child to find left pointing or right pointing triangles. Up and down variations are also helpful.

Tell your child which symbol they are looking for. Begin with the symbols as listed below and progress to a new symbol as your child perfects their ability with each shape.



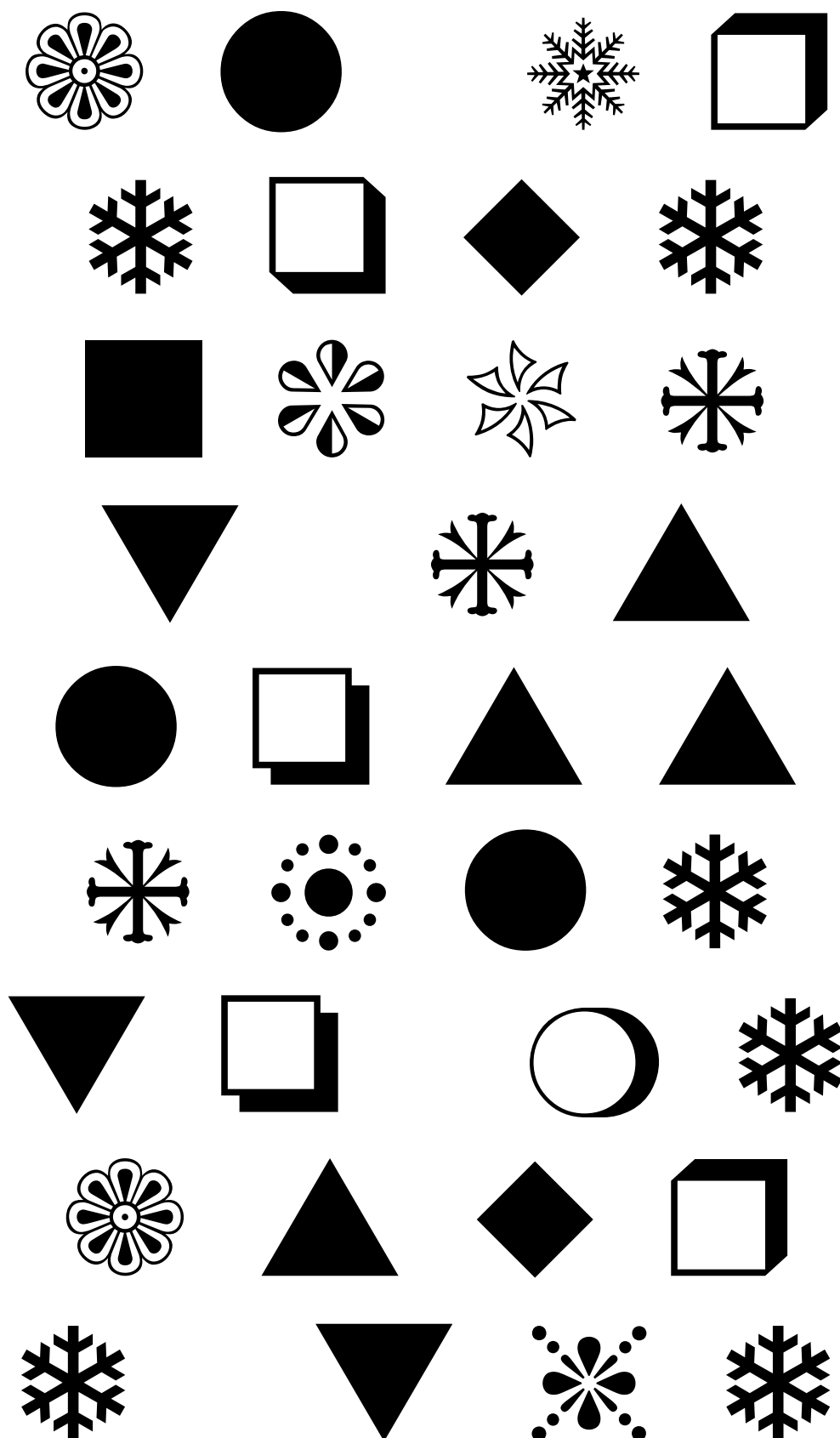
Feel free to make your own suggestions. The principle of this exercise can be applied to other reading material such as text in the newspaper or old novels. Just ask your child to find a specific letter, such as U, O, F. Try to avoid the most common letters such as E or A or it will take forever. If you want to improve the effect do the task in time to music. Rhythm helps the brain to develop pathways. 3-5 minutes four times a week should be enough to start to see an improvement. If you want to make it more fun time how long you take to find all the right shapes.

Most importantly have fun !

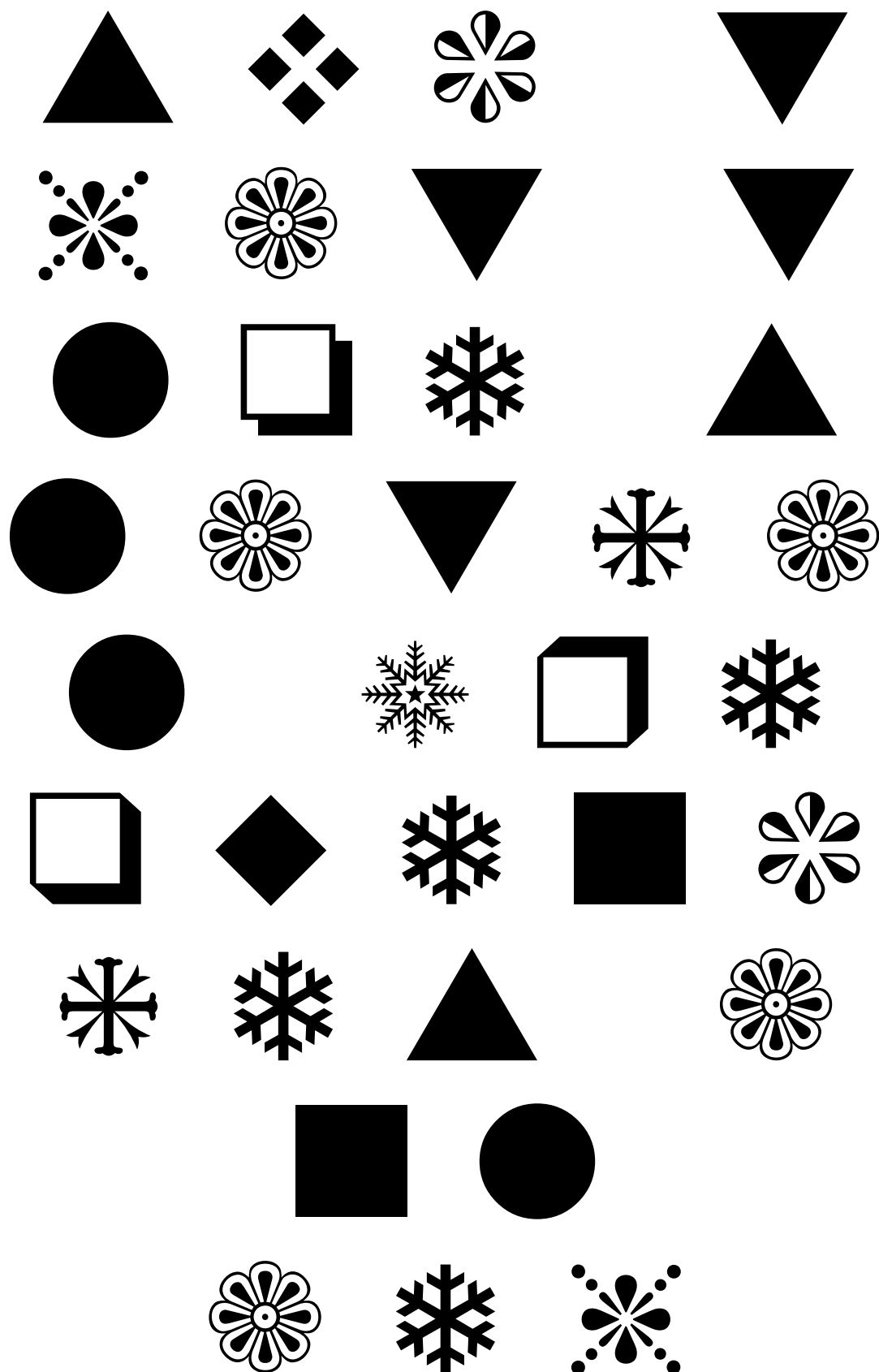
Dr Nadia Northway

These exercises have been used for over 20 years and help people to follow lines of text and to cope with ever increasing busy pages. They were developed by Dr Northway and have been used on both adult and young people to help with the basic motor and perceptual skills used when reading. Progress can be monitored using perceptual vision tests such as the TVPS -4 and the Developmental Eye Movement Test. (DEM). If you have

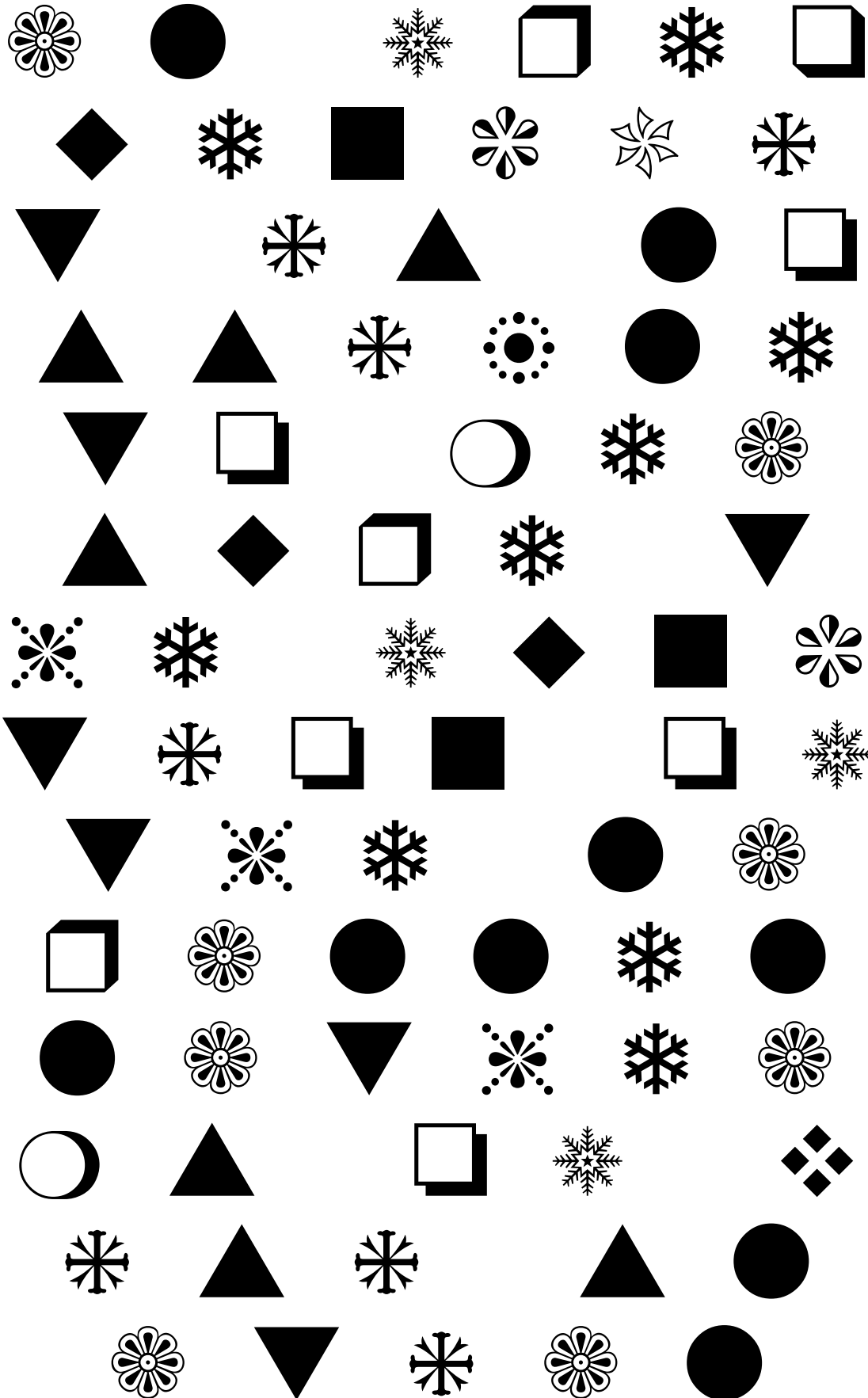
# Visual Motor and Perceptual Skills



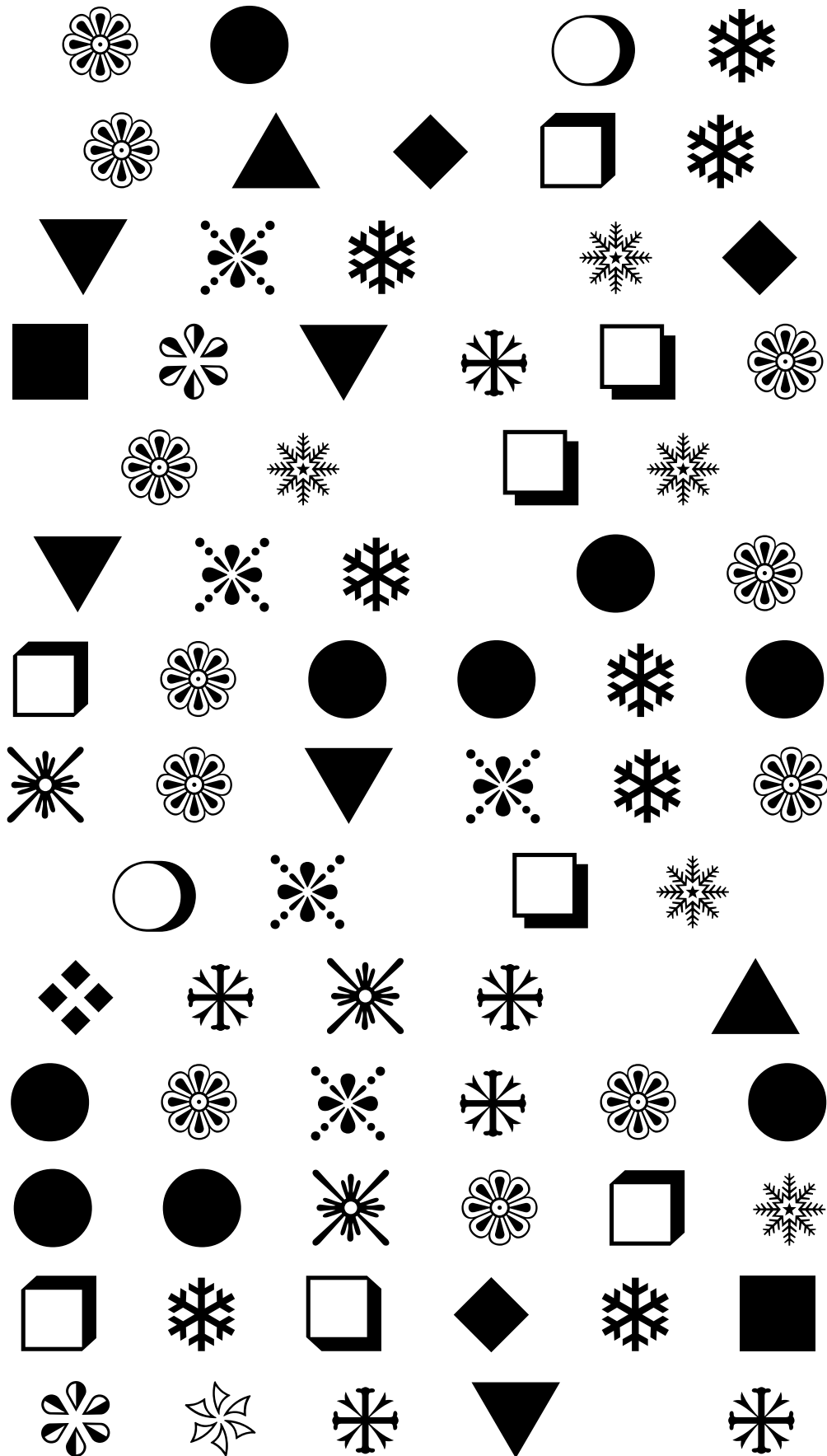
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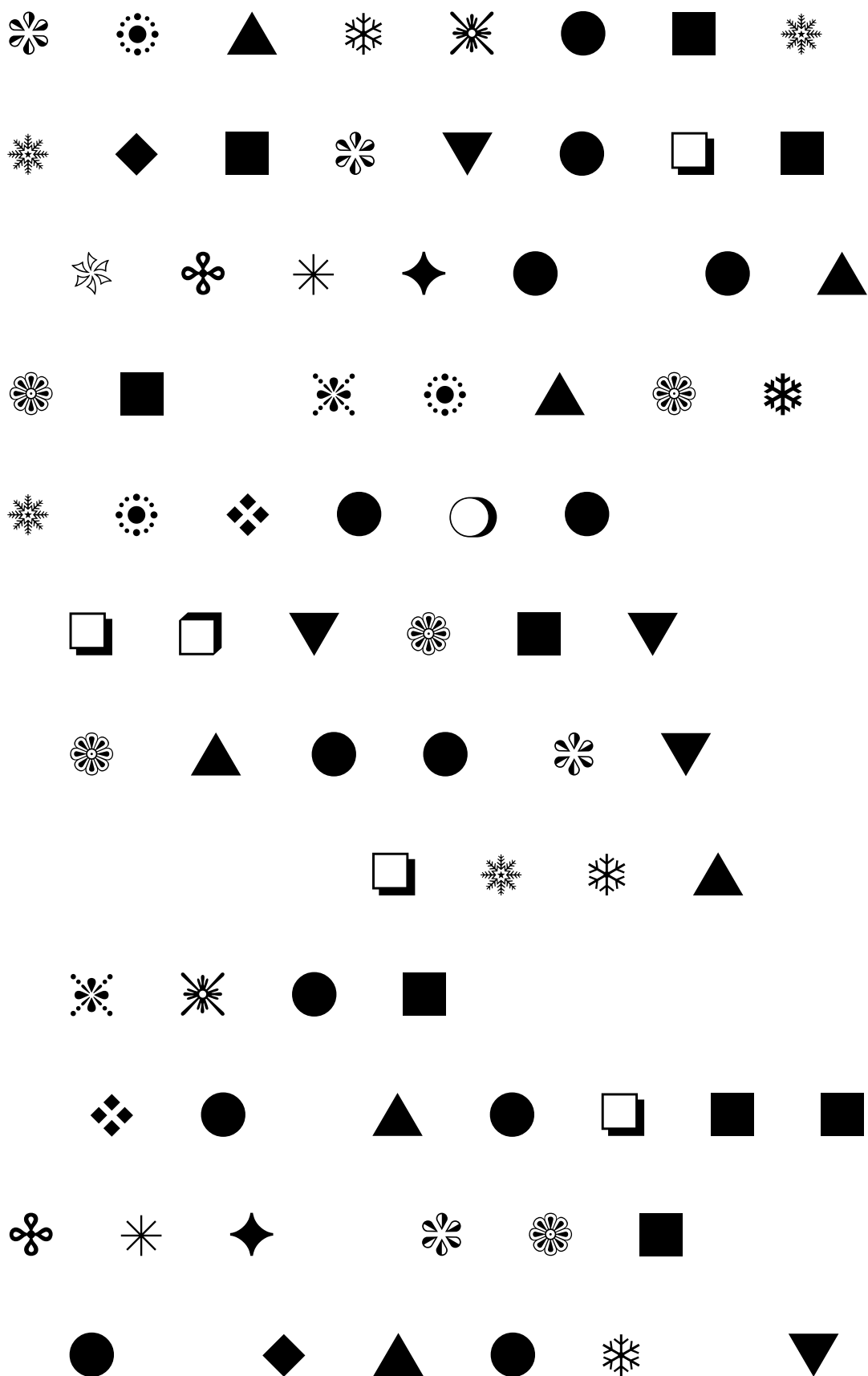
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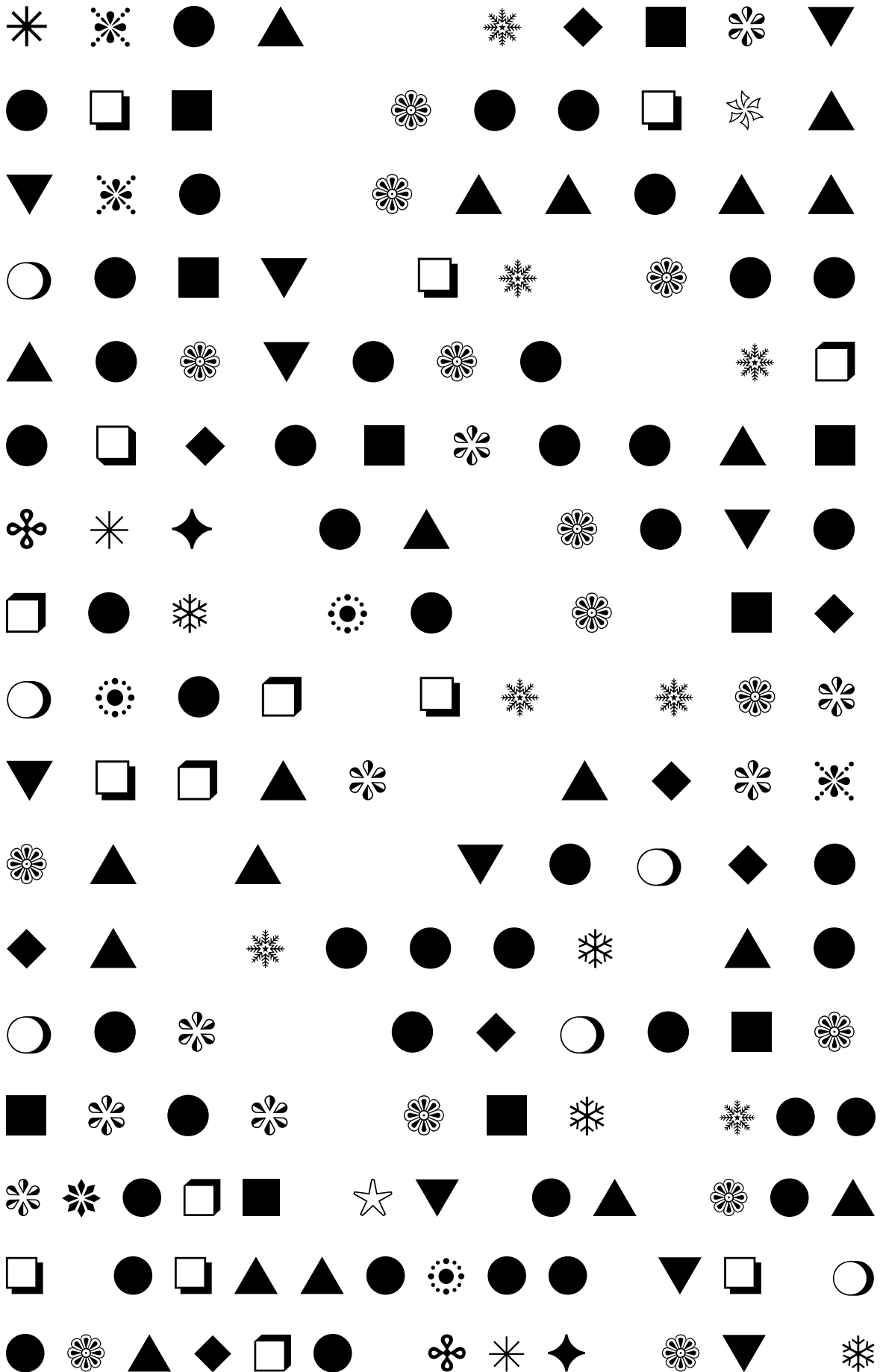
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A 15x15 grid of 225 abstract shapes. The shapes are arranged in a complex, non-repeating sequence. The shapes include: solid black circles, white circles with black outlines, solid black squares, white squares with black outlines, solid black triangles, white triangles with black outlines, solid black diamonds, white diamonds with black outlines, solid black stars, white stars with black outlines, solid black snowflakes, white snowflakes with black outlines, solid black crosses, white crosses with black outlines, solid black circles with internal patterns, white circles with internal patterns, solid black squares with internal patterns, white squares with internal patterns, solid black triangles with internal patterns, white triangles with internal patterns, solid black diamonds with internal patterns, white diamonds with internal patterns, solid black stars with internal patterns, white stars with internal patterns, solid black snowflakes with internal patterns, white snowflakes with internal patterns, solid black crosses with internal patterns, white crosses with internal patterns, solid black circles with dots, white circles with dots, solid black squares with dots, white squares with dots, solid black triangles with dots, white triangles with dots, solid black diamonds with dots, white diamonds with dots, solid black stars with dots, white stars with dots, solid black snowflakes with dots, white snowflakes with dots, solid black crosses with dots, white crosses with dots, solid black circles with a central dot, white circles with a central dot, solid black squares with a central dot, white squares with a central dot, solid black triangles with a central dot, white triangles with a central dot, solid black diamonds with a central dot, white diamonds with a central dot, solid black stars with a central dot, white stars with a central dot, solid black snowflakes with a central dot, white snowflakes with a central dot, solid black crosses with a central dot, white crosses with a central dot, solid black circles with a central dot and a ring of dots, white circles with a central dot and a ring of dots, solid black squares with a central dot and a ring of dots, white squares with a central dot and a ring of dots, solid black triangles with a central dot and a ring of dots, white triangles with a central dot and a ring of dots, solid black diamonds with a central dot and a ring of dots, white diamonds with a central dot and a ring of dots, solid black stars with a central dot and a ring of dots, white stars with a central dot and a ring of dots, solid black snowflakes with a central dot and a ring of dots, white snowflakes with a central dot and a ring of dots, solid black crosses with a central dot and a ring of dots, white crosses with a central dot and a ring of dots.

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