

Occupational Therapy

Visual Perception- Bringing it all together

Aniesa Blore



Activity 1 – Draw a picture

- Take a piece of grid paper and draw yourself a picture. If you don't have grid paper, you can use the grids in the next pages.
- Do not make your drawing too simple. Instead have a few different parts to it.
- This could be something like a house, a face or a field with animals and plants.
- Make sure there are various different shapes used in your drawing. Include some straight lines, curves, diagonal lines and maybe something more complicated like loops.
- To give yourself more of a challenge, add more detail and more parts to your picture.



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Activity 2 – Colour in your picture

- Colour in what you have just drawn.
- Take your pencils and have a go colouring in the different parts in different colours.
- Try really hard not to go over the lines.
- Take as long as you need as it is better to be careful than to be fast.
- For a real challenge, you could try using a small paintbrush and some paint to paint your picture.

