

## **BALL BOUNCE**

### **VISUAL SPATIAL I – Bilateral Integration 1 & 2**

**PURPOSE:** To develop awareness that the left side of the body feels different than the right side of the body when performing a motor task.

**PROCEDURE:** Step 1: Have your child bounce a rubber ball 5 to 10 times about waist high with his or her preferred hand.

Step 2: Bounce the ball 5 to 10 times with the nonpreferred hand.

Step 3: Alternate bouncing the ball with the preferred hand and the nonpreferred hand.

Ask your child which hand is easier and which hand is harder. Ask him or her what needs to be done to improve the performance of the weaker hand. (Child may respond “I have to bounce the ball harder with this hand.”)

Step 4: Place a mark on the floor, such as a piece of tape in the shape of an X. Have your child try to bounce the ball on the mark, alternating between the right and left hands.

### **GOAL FOR THE WEEK:**

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Handout developed by The Studt Center for Vision Therapy, Southern California College of Optometry, Fullerton CA. Can be modified by the user.

From Scheiman M, Rouse M. Optometric management of learning-related vision problems, 2nd ed. St. Louis: Mosby, 2006.