

## Visual Discrimination

Visual discrimination is being able to differentiate one object from another, to compare and contrast. It is the foundation for all other visual perceptual skills and is early to develop, usually beginning with colour, shape and texture discrimination at about 4 months.

An example of visual discrimination is when reading, you automatically differentiate colour, foreground from background, form, size and position in space (in this case the arrangement of letters into words).

### Implications of Poor Visual Discrimination

- Difficulty matching or recognising differences in numbers, letters, words, shapes or objects.
- Difficulties with reading or writing
- Letter and number reversals/inversions
- Inappropriate use of letters
- Inattentiveness or disorganisation

### Early Years Activities

- Sorting – socks, buttons, toys by shape, type, colour
- Treasure hunt – hide toys around the room and ask the child to find all the yellow ones, or all the round ones, for example
- Matching – pictures, words
- Shape sorters
- Worksheets and activity books – odd one out, spot the difference
- Building with Duplo – asking the child to select by colour, size

### School Age Activities

- Snap
- Pipe cleaners made into shapes
- Collages
- Worksheets and activity books – odd one out, spot the difference, pairs
- Template activities
- Peg or bead patterns
- Form boards
- Lego
- Card games – e.g. Old Maid, Go Fish
- Dominoes
- Sorting letters, words, objects

### Contact details

#### Children's Therapy Services

Telephone number: 0300 019 2936

For further general health-related information, please ask the relevant department for an information prescription or contact:

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**If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 0300 019 8499, write to the Patient Experience Team (address above) or email [patientexperienceteam@uhd.nhs.uk](mailto:patientexperienceteam@uhd.nhs.uk)**

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