

**VISION LOSS
REHABILITATION
CANADA**
BRITISH COLUMBIA



PRCVI
Provincial Resource Centre for the Visually Impaired

June 22nd to 26th

Your BC **Early Intervention** team from **Vision Loss Rehabilitation Canada** and our partners, Blind Beginnings, PRCVI, and BC Blind Sports hope that you continue to enjoy your weekly issue of the **Activity of the Day**. We are please to share a new selection of activities for week#11.

During this time of social distancing, each week we will continue to send out 4 activities and a fun app to families who have a child with vision loss. Offering adaptations and using items and materials from around your home, we hope that you enjoy them!

**Your BC Early
Intervention Vision Team**

**Parachute
Play**

**Pool Noodle
Painting**

**Learning to
Catch**

**Letter
Sounds**

**Live
Butterflies**
App of the
Week



Parachute Play

Playing with a parachute can be an activity that can support social distancing while looking, listening, and developing hand strength and body movements. Game activities can include learning about concepts; up/down, in front/beside/behind, on top off/ underneath, high/low, fast/slow.

Materials:

1. A towel, beach blanket or old bed sheet depending upon number of participants.
2. Balls, balloons, stuffy animals or critters, spoons
3. Duct or painter tape to mark player spots to encourage physical distancing.

Activities:

Stop & Go/ Fast & Slow/ High & Low

- Each participant grasps the parachute at the mark and moves the parachute up and down taking turns and responding to the cues; **"Stop" and "Go"**, **"Fast" and "Slow"** and moving the parachute **"High" and "Low"**.
- Particularly young children and others may need hand-under-hand cuing or support at his/her forearm or wrist to grasp and hold onto the parachute.

Shake it Up

- Load items onto the parachute and as a team shake them off by moving the parachute up and down, dropping one

side while raising and shaking the other side...

- Introduce exploration of items and counting as you place items onto the parachute and then count and reference items that got shaken off.
- Use of metal spoons and non-sharp kitchen utensils (potato masher, rubber spatulas, whisks), may increase ability to track by sound the number of items on the parachute and hear them as they get shaken off.

Up and Under:

- As easy as it sounds, lift the parachute up high, hold on and duck under as you go from standing to sitting on the ground.
- Practice before hand by just standing or sitting and flipping the parachute from in front to up and over the head while continuing to hold on.



Image of children and adults holding edge of a sheet and bouncing coloured balloons on it

Tuesday

Pool Noodle Painting

Pool noodles are not just for swimming! As you've learned over the weeks, there are so many things that you can use them for, including painting. They're cheap, you can cut them into loads of different shapes, and they hang on to paint really well. Painting with noodles helps support fine motor, hand/eye, and concepts, in/on, and beside.

Go out and get your noodles for this fun summer art activity!

What you need...

- Pool Noodle
- Paper {art pads or a roll of brown packing paper found at your local dollar store work great!}
- Various coloured paints
- Paper plate for each paint color
- Elastic bands
- **Knife {to be handled ONLY by adult}**

Next...

Gather your noodles and cut the noodles into small pieces. You cut some as plain cylinders, but also cut some of those cylinders into halves and quarters. Leave some cylinders long so that they can be used as a roller.

Squirt some paint onto paper plates and you're ready to begin!

*****Here's a trick that helps ensure that the paints wash out of clothes – add a squirt of soap! (any dish soap is fine)**

Dip the pool noodles **in** the paint and push on the paper!

(choose bright, saturated colours)

Your child can simply press the noodle on the paper to make little circular prints. Or get some paint onto the sides of the noodle and use it as a rolling pin.

Here is where you can introduce the elastic bands...model and encourage your child to put them on the noodle to add texture when they roll. Great for fine motor!



Image of a child's hands pulling an elastic band onto a pool noodle.

For children who are blind or have low vision the elastics will add texture to the noodle when their hands roll it on the paper

Your child can dip, press, swirl, smush, and stamp. Encourage them to explore materials and try different ways to put the paint onto the paper.



Image of a child pressing a pool noodle with paint onto a page of paper



Catching Skills

Learning how to catch is a valuable motor skill that is often part of play or participation in everyday activities. Many interactive games that include social interaction and team skills involve catching, with early introduction and development of catching skills leading to successful participation.

Materials;

1. Bright coloured scarfs or light fabric swatches
2. Stuffy animals and soft toys
3. Balloons if you have them
4. A variety of different sized balls, (bells, plastic bag)
5. String to tie and suspend soft toys, balloon, and balls.

**** Learning to reach and grasp or grab with one hand or two hands are key elements in learning to catch versus reacting to an object being accurately thrown or dropped into one's lap ****

Look and Reach (stationery items)

Play a game of look, reach and grasp.

- Start with a **favourite** object and place it close to your child.
- Encourage your child to reach for it
- As you play together, progressively place the toy further away until your child needs to use a full arm reach.
- Reach with one hand, the other hand, with both hands.
- Vary the speed, that the object is returned to the target spot and how quickly it is grasped.

- Increase variety and number of objects to reach and grab with varying distances and placement I.e.: **directly in-front, beside (both sides) and suspended by a string or ribbon**



Image showing child reaching for a balloon or ball suspended by a string.

Look and Reach (moving items)

- Roll a ball across the floor; choose an item that is bright and where there is good contrast between floor and ball
- Encourage your child to visually track the item as it comes toward them
- Encourage them to reach and try to catch

There are many games and actions that help develop the skill for someone with a visual impairment or blindness.

1. Start with sitting on the floor for stability.
2. Try dropping light scarves or pieces of cloth into the child's lap or hands.
3. Have the hands face **"to the sky"** or palms up!
4. Help them track the object by verbalizing when you are dropping it.
5. An object with high contrast may help when combined with a neutral background.



Image of adult throwing a ball to a young child

6. Advance to using a solid object or ball. **Use bigger rather than smaller, again with contrast or a noise source like a bell inside.**
7. Have a light basket available for them to catch with to promote success or to add some auditory feedback
8. Gradually move farther away to toss the object into their arms.
9. Try bouncing a ball so it lands in the basket or hands. **The noise of the ball hitting the ground will be a cue as well.**
10. Try different types and sizes of balls. I.e.: An **O ball**, a beach ball or light play ball work well. An O ball is easy to grasp when catching. It is also easier to grasp and throw however it is harder to direct when throwing with fingers locked in the rings so be careful with the throw back



Image of an O Ball

Passing a ball in the air and catching it in the air.

1. Begin with a big, light, or soft ball. Partially deflating a ball will make it easier to grasp when catching it. **A beach ball with rice in it is a quick way to create a sound ball.** Balloons can be used as well
2. Help with the tracking by verbalizing when you toss it to help your child target the ball.
3. Use a light basket or container to catch the ball and help support success at the skill when starting

Games and adaptations

- When teaching your child how to hold their hands have them form a basket or bowl with their hands and fingers
- Scarf juggling is one way to promote catching an object. Simple tossing and retrieving to music or counting rhymes
- Clap your hands before you catch the scarf after tossing it
- When rolling a ball try using a ramp so the ball rolls down to your child. Start low and move to higher and longer to increase speed.
- Use guard rails made of foam noodles to help your child orientate to where the ball is coming from. Try balls or objects that have tactile surfaces that are easy to grasp



App of the Week

"Live Butterflies"

Apple - Cost: Free



Image of a blue butterfly, the icon for the app

Vision Tracking, Visual Fixation, Eye-Hand Coordination and Cause & Effect Skills

"Live butterflies" is a free app that features butterflies flying across the screen. The app has two features, Start Viewer and Start Game options.

Start Viewer:

Involves butterflies flying across the screen, you can:

- Click forest sounds on/off.
- Select type (colour) of butterfly with more than one type flying across the screen.
- Place your finger on the screen and a butterfly will land on it and flap its wings until you lift your finger and it flies away.

Start Game

- Catch- touch as many butterflies as you can while the clock runs down. Features include:
- Musical clock and visual digital count down.
- Sound effect when a butterfly has been touched.
- Sound control on/off.
- Score count and high score summary.



Image of butterflies flying