

**VISION LOSS
REHABILITATION
CANADA**
BRITISH COLUMBIA



PRCVI 
Provincial Resource Centre for the Visually Impaired

May 25th – 29th

As May draws to a close, we continue to partner with Blind Beginnings, PRCVI, And BC Blind Sports. Your BC **Early Intervention** team from **Vision Loss Rehabilitation Canada** hope that you are enjoying your weekly issue of the **Activity of the Day** and are please to share this new selection of activities for week#7.

During this time of social distancing, each week we will continue to send out 5 activities 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**

**Ice Cube
Painting**

Animal Walks

**Let's Make a
Kazoo!**

Sticky Wall

**Indoor
Mini Golf**



Ice-Cube Fun

Ice-cubes can be a fun sensory activity for these warmer spring days. Sensory play should be unstructured and open-ended; it is the purest sense of exploratory learning. During these ice activities allow your child to just have fun and don't worry if they are not doing it 'right'. Sensory play can allow for self-expression, fine motor development, development of descriptive words related to the task, opportunities to work out problems and encourages imagination and creative play. Talk to your child about the activity, the properties of ice (**cold/hard/ frozen water**) and what kind of fun things they can do with it and then watch as the fun and exploration start

Materials to start:

- Water
- Plastic containers/ muffin trays/ ice-cube trays/ trays (all shapes and sizes)
- Small bright coloured plastic toys/ items from nature
- Food colouring/ drink mix/ jelly powder/ paint

1. Making colourful ice:

To make bright colourful ice, add food colouring, drink mix or jelly powder to a jug of water and pour into ice-cube tray or plastic container. Choose bright vibrant colours and ensure that you add enough colour to make an impact.

For the older kids, get them to help make the ice cubes and practice pouring into the ice trays.

Freeze and enjoy! These can be added to your child's drink (or yours) or be part of many activities.

2. Ice cubes on a tray or in a muffin tray:

Ice on a tray or in a muffin tin makes a wonderful sound when pushed about. Kids can explore the cold while having fun and watching it melt.



Image of child's hand engaging with blue ice cube in a muffin try cup.

TIPS:

- ✓ Use colourful ice on a white tray or normal ice on a dark tray for higher contrast.
- ✓ Introduce concepts such as **top/bottom, big/small, left/right, colours**
- ✓ If your child doesn't like the cold you can give them a spoon to push them around or to pick them up and move them from one muffin tin to the next.

3. Ice cubes and water exploration:

Add ice of all shapes and sizes to a big container add a little water with food colouring and a few toys that match the theme you are going for. Then allow your child's imagination to go wild.

TIPS:

- ✓ Blue water for an ocean theme
- ✓ Red water for fire
- ✓ Green water for mountains or forest
- ✓ Give your child tongs to help catch (rescue) the animals
- ✓ Use toys that are high contrast to the water colour you use



Image of container filled with ice in different sizes and small plastic sea animals.

4. Paint ice cubes:

Add as much ice as you can to a large container and give your child paint and a paint brush (or allow them to use their fingers). There is no right or wrong, just fun creativity.

TIP:

- ✓ This can get messy so make sure they are wearing something that can be messed on or an apron.



Image of children using brightly coloured paint to paint ice cubes in a large plastic bin

5. Paint with ice cubes:

When making colourful ice cubes you can add powder paint, or a lot of drink mix to

make ice paint brushes. If you add a stick to the ice cubes, they will have something to hold when painting. Once frozen give them their ice paint brushes and some paper to start their master pieces.

TIP:

- ✓ This can get messy so make sure they are wearing something that can be messed on or an apron.



Image of ice cube tray filled with brightly coloured ice cubes & popsicle sticks; image of child's hand holding a popsicle stick with ice cube, painting on paper, image of page with completed ice painting

6. Make ice fossils:

To make ice fossils use either one item or as many things (plastic toys/ leaves/ pinecones/ etc.) as you feel like, to a large container with water. Once it is frozen take it outdoor and let your child try get all the toys out.

TIP:

- ✓ Some tools to help them: small jug of warm water, salt, or a wooden hammer.



Image of large ice ring with leaves, and pinecones frozen into it.

Tuesday

Animal Walks

Animal walks are fun, can resemble any animal and are a great way to encourage creativity while developing the important gross motor skills. Movement helps with general health, sleep, interaction with others and exploring and learning about the world. Many of these movements require core strength, balance, and agility which are also wonderful for sensory input and regulating the sensory systems. They have a great ability to calm anxious kids by providing sensory input through calming deep pressure to their joints and limbs, while helping strengthen their sense of body awareness.

These activities require no additional materials; you just need some space and your body!

Ideas to try:

1. **Roll** like a log (done lying down on the floor)
2. **Wiggle** like a worm (can be done lying down or standing up)
3. **Slither** like a snake (lay on your tummy and wiggle along the floor like a slithering snake. It requires a lot of energy and strength to slither across the floor!)
4. **Slide** like a penguin (lying down, pull yourself along with your arms)
5. **Arch** like a cat (on hands and knees)
6. **Walk** like a bear (on hands and feet, like crawling but using feet instead of knees)
7. **Crawl** like a crab (with your stomach facing towards the ceiling, use your

hands and feet to walk forward and back).

8. **Stomp** like an elephant (standing, stomp feet on the ground)
9. **Leap** like a deer (jump taking off from one foot and landing on the opposite foot. Like an elongated step)
10. **Run** like a cheetah (running **fast**)
11. **Hop** like a bunny (standing up, jump with 2 feet at the same time)
12. **Jump** like a frog (standing up, squat down to the ground, then jump up)
13. **Kick** like a donkey (on hands and feet, kick feet up)
14. **Spin** like a tornado (standing up, spin in circles)
15. **Crawl** like a turtle – (elbows and hands on the ground, bottom on your heels, pull yourself forward in a **slow** motion)
16. **Waddle** like a duck – (Squat, tuck your hands into your armpits to make "duck wings," and flap your arms as you walk)
17. **Balance** like a flamingo – (stand on one leg and tuck hands into armpits)



Images of young child crab walking, slithering like a snake, duck walking and doing a flamingo balance on one leg



Let's Make a Kazoo!

Materials:

- assorted paper rolls – toilet paper, paper towel, etc.
- wax paper
- elastic bands
- paint and stickers to decorate

**If you are out of paper rolls, try small empty containers or a vacuum cleaner tube with thin sock or nylon over the end...

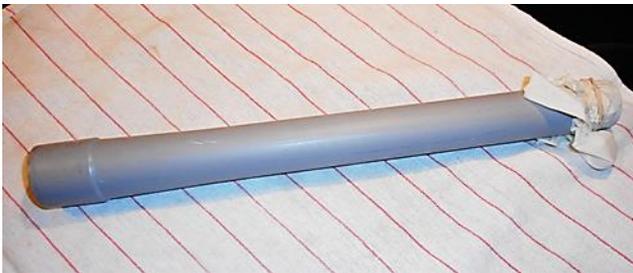


Image of a kazoo made with a vacuum cleaner tube

Putting it together:

1. Let your child choose the size of roll that they wish to try and let them decorate it with paint and/or stickers
2. Tear off a piece of wax paper large enough to cover the end of the paper roll and fold over the sides
3. Place the wax paper over one end of a paper roll, secure it with an elastic band.
4. Poke some small holes in the wax paper.
5. Place your mouth in the open end of the paper roll and hum, or sing, into the kazoo. **For best results say "two, two, two".**

6. Experiment with using paper towel rolls and toilet paper rolls of different lengths to make different sounds (you can cut the rolls or tape them together to create a variety of sizes).



Image of 4 paper roll kazoos decorated with paint

Practice Skills:

- Practice reach grasp and holding the kazoo with one hand or two without worrying about making sounds.
- Try positioning the roll or "kazoo" up to the mouth with or without assistance.
- Work on blowing skills, (dish soap bubbles blown thru a slotted spoon or strainer, bath-time bubbles, candles, feather, leaf from a tree or plant, piece of paper...)
- Practice humming with mouth in different shapes, hum into closed fist, hum as fist is open and closed.

Play Ideas for your Kazoo

Infants and young toddlers:

Count and blow!

- Have your child watch, touch, listen as you say and show with counting fingers and movement of the kazoo to your mouth; "**1-2-3 blow!**", and then make a silly sound using the kazoo.

- You can help your child count on their fingers and/or bring the kazoo up to their mouth on "3" and then blow.
- "Sing" nursery rhymes through the kazoo



Image of a young girl with a holding a paper roll kazoo to her mouth

Preschoolers:

- 1. Make a band!**
 - Gather some pots and pans, some spoons, and the kazoo and put on a concert.
 - Play together and then take turns, with a short solo from each performer.
- 2. Go-Go-Stop**
 - Play some music and have your child play the kazoo along to the music.
 - Pause the music periodically and say "freeze" or "stop".
- 3. Play with kazoos of different lengths to create different sounds.**
- 4. Go outside and listen to the birds, try and make the birds sounds with the kazoo**
- 5. Sing nursery rhymes and children TV or movie theme songs with your child while using the kazoo to play along.**
- 6. Decorate the kazoo with paint, stickers, markers, puff balls ... camo with**

leaves...and other items that can be taped or glued on.

- 7. Explore acoustic (sound) features of different rooms and spaces (play facing into a corner- turn and play out into the open room; play in a closet; in the shower stall or bathroom; outside under the stairs, on top of the deck...**



Making a Sticky Wall!

Purpose:

A sticky wall provides a unique surface on which to collect, display, and manipulate objects. The board allows infants and toddlers to practice skills such as fine motor activities and provides older children with a unique surface on which to do a variety of activities alone or with parents and siblings.

Materials:

- Clear contact paper (e.g., shelf or drawer liner) or Glad Cling Wrap.
- Painter's tape.
- Small items from around the yard or home that can be stuck to the sticky wall.
i.e.: foam stickers, bottle caps, pom-poms, cotton balls, pieces of straws, ribbon, yarn, and some foam pattern blocks, wooden sticks, leaves etc.
- Paper to cut out various shapes.

Creating the Sticky Wall

Tape a square piece of contact paper or Cling Wrap, sticky side out, to a wall with the painter's tape creating a border. For a portable version of the "wall", tape the contact paper or Cling Wrap to a picture frame or other flat, sturdy surface that can be carried around (light weight cookie sheet)



Image of 2 toddlers matching coloured items on sticky paper mounted on a clear try

***This is a good adaptation that makes the activity accessible to a child with limited mobility.*

Activities with the Sticky Wall

Collect small, lightweight objects from around the house or yard that can be placed on the sticky wall.

For infants and toddlers:

- Help them to place objects on the wall and remove them.
- Take turns sticking an object to the wall and removing an object from the wall.
- Experiment with different types of objects to see what sticks and what does not.



Image of a young toddler placing items from a basket onto a sticky wall

For **preschoolers**:

- Brainstorm why some objects will stick, and some will not (**weight, size, shape, material**).

Play games using the sticky wall:

- Tape a Tic Tac Toe grid and use different objects to play
- Play a matching game with a parent or sibling.

Collect objects with similar and different qualities such as:

- leaves of different sizes,
- pieces of paper cut into different shapes,
- fabrics with different textures.

Have one "player" place an object on the sticky wall and the other "player" place an object next to it that is either similar or different.

Create simple patterns on the sticky wall.

- Using the objects, create a simple repeating pattern with two different objects (such as Leaf- Feather- Leaf- Feather...).
- Start the pattern and, if needed, help your child continue the pattern.
- Change the pattern and take turns making up new patterns, (Feather- Feather- Leaf- Feather-Feather- Leaf...).



Image of a young child placing leaves on sticky paper mounted on a window

Adaptation:

- Mount contact paper on a large window and use as a light box to highlight items.



Rainy Day Mini Golf

Putting around the house!

Mini golf is a popular pastime for all ages that provides social interaction, friendly competition, and fun at mastering a variety of creatively designed holes! We can adapt and scale down the typical mini-golf course for indoor, rainy day play. Resourcefulness and imagination can be nurtured in designing the holes; while movement, coordination, fine motor skills and eye-hand and/or sound localization skills can be developed in lining up the "putter" and judging distance to the scoring cup.

Getting Started:

1. Gather materials and introduce golfing terms:
Club and Putter – (mini hockey sticks, spoon, spatula, frying pan flipper).
Golf ball - use a golf ball or plastic table tennis or ping pong ball or ball with bells inside
Tee off "box" (where the ball is first putted from at the start of each hole; use painter tape or duck tape with string underneath for tactile reference);
Hole or cup (Solo plastic cups, pot, large plastic or glass jar, coffee can...)

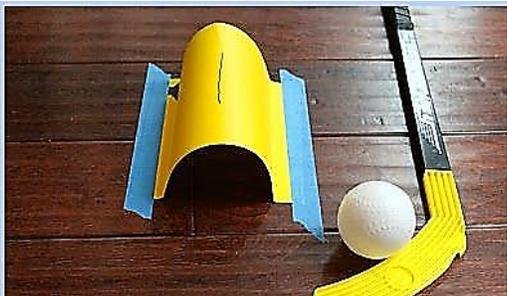


Image of a child's hockey stick, plastic ball and a paper tunnel laying on a floor

2. Demonstrate, then have your child learn how to use the "club" with an easy back and forth motion of her/his wrist or forearm. Demonstrate and practice use of a "putter" with an easy tap of the ball towards the cup - look - listen and tap the ball towards the hole.
3. Create a mini-golf course using permanent reference objects in the house, (chair, table, hallway, stairs, door, bed...) and arrangement of other household items, (bowls, laundry baskets, boxes, towel, books, Hot Wheels track, pool noodles, mats...). Be creative and engage your child in selecting items and helping to construct each hole. You may want to do a little Google and check out with your child some of the hole designs with traps and tricky features.
4. Place a small flashing light if that is appropriate to the functional vision that the player has. Play a hole with low lighting with glow in the dark mini sticks at the cup.



Image of young boy using club made with pvc pipe to move a ball along a Lego golf course

Adaptations

1. You can adapt the game by making it into "Bowling Ball "golf by having the child roll a larger, soft ball with one or two hands towards a hole/cup.
2. Have a different coloured or style of ball for each player. Take turns with practice rounds in trying out each of the different kind of balls if you are using more than one type.
3. Use a sound cue to assist in localizing the hole (just tap the cup or container).
4. Use a flashlight or bike light in dim room lighting to hi-lite the cup.
5. Make the holes auditory by hanging a small bell in it so the ball rings as the ball hits the cup.

Keep it Interesting – Make it Fun

Keep score by counting how many shots it takes to get to or close to the hole/cup. Design a scorecard and keep track of how many strokes(shots) it takes to play each hole and each game. Compare results from one game to another.

Vary the length and difficulty of each hole to keep it interesting. (place some towels down as "Sand traps", have a ricochet shot that requires placing a pan or board on an angle, have shots that go under furniture, between two narrow pillows...).

Cut out a "mouse hole" in cardboard as an obstacle on one of the golf holes. Make a little ramp or "bridge" to go over a pretend street – use cookie sheets or cardboard supported by books.

Name each hole. For example, Hole Number One is Sleepy Time (bedroom). Number Two would be Soap and Scrub! (bathroom). Make the name of the holes a part of the attraction.

Teaching points

1. Use hand overhand to help control the movement when learning
2. Emphasize the putting motion as we do not want wild swings of the clubs being used. A large, plastic slotted spoon or salad server with tape on the handle may assist with grasp.
3. Try using different hands as the primary guiding hand to find out which is the stronger or more accurate direction. Left or right



Image of young child playing balloon golf moving balloons towards a laundry basket with a mini hockey stick