

**VISION LOSS
REHABILITATION
CANADA**
BRITISH COLUMBIA

April 20 – 24

Welcome to week 2!

Our partnership with Blind Beginnings, PRCVI, and BC Blind Sports continues, and we are excited to bring you week 2 of our new resource, **Activity of the Day**.

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***



PRCVI 
Provincial Resource Centre for the Visually Impaired

**Playing with
Sound**

**Explore a
Cupboard**

**Playdough Fun
for the Senses**

**Window Light
Boxes**

**Tunnel
Time**



Playing with Sound - Developing an Ear for Echo Location

Did you know that the rooms in your house sound different? A bedroom with a carpet sounds different than a big open kitchen, which sounds different than a small bathroom. By exploring and learning about differences in sound a child will notice that an open space sounds different than a small alcove, a parked car sounds different than a tree. As your child grows older and begins to travel independently under supervision and then fully independently, she/he can use sounds for landmarks, safety, route planning and exploring.

Here's an activity that will encourage them to practice distinguishing different sounds.

Materials:

Collect a variety of different sized and textured unbreakable containers, i.e.:

- a large plastic bowl,
- a large stainless-steel bowl,
- a clean empty plastic garbage can,
- a cookie sheet,
- a large plastic cup,
- a bucket, etc.



Image of different sized plastic bowls

1. First talk and then sing into each of the containers and encourage your child to do the same.
Take note of how they sound different.
2. Have your child choose which one they like the best and choose the one you like the best.
3. Have conversations or make up stories with each of you talking into your containers. If your child doesn't talk yet, just make funny sounds. Then trade containers and repeat.
4. Try singing a song together with each of you singing into a container.
5. Next, take a wooden spoon and notice how it sounds different when tapping it inside the different containers.
6. Once your child tires of this activity visit different rooms of the house and talk, then sing a song in each room.
7. Next, take the wooden spoon or a cane and tap it in each room noticing the difference in sound. Depending upon your child's level of vision, have them close his/her eyes and carry or give them a piggy-back ride to each room and see if they can tell you what room you are in just by the sound, (no peeking).
8. You can talk about how the bathroom sounds more echoey, and the bedroom sounds quieter.
9. Just as a sighted child learns that a surface is hard or soft, or that an object is tall or short, children who are blind can learn what those adjectives sound like as well.

Tuesday

Explore a Cupboard

****Caution- check and remove glass items, potential choking hazards, tighten lids on liquids and remove hazardous materials ****

Exploring a kitchen or bathroom cupboard can be a busy activity with lots of noise, opportunity for sensory exploration, learning the names and use of objects, promote reaching and pulling, and taking out and returning items back in place.

Materials

Cupboard, preferable large enough for the child to crawl into.

- Pots, pans, containers with food or boxed products.
- Assorted spoons
- mat or towel to reference the cupboard and provide some cushioning if rolling out head-first.

Play Ideas

- Practice opening and closing the cupboard door without pinching fingers.
- Reach in and pull out contents, one at a time, explore the objects, allow exploration and then check in:
 - * *What is it?*
 - * *What do we do with it?*
 - * *How does it feel?*
 - * *Does it smell?*
 - * Does it make a sound?
 - * Is there another part to it? (pot, lid)
- Go deeply- reach/crawl right in to get all the stuff out of the cupboard on top and bottom shelves.
- Check out acoustics in the cupboard

- Further explore sound, using different spoons, (plastic, wood, metal) while drumming or banging on the objects.
- Take turns drumming or banging, imitating the beat that the child lays down- then change up the rhyme.
- Practice stacking, taking lids on-off (provide a contrasting coloured towel to set tempered glass top lids on), turning pots, bowls upside down for a hat...
- Once the cupboard is empty, crawl inside and explore the space- a new fort or hide-and-seek location?
- Pretend to cook with the different kitchen items.
- Place everything back in the cupboard. Tidy time Song- "**Clean up - Clean up - Everybody do your share...**"



Image of young child hitting pots and cups with spoons.



Playdough Fun for the Senses

Playdough is a fun and easy activity to include during playtime at home. By changing the materials that a child uses to engage with it, playdough can become a different activity every day. For children who are blind or have low vision, adding scent and texture turns playdough into a full sensory experience!

Having good sensory information is important as it tells the brain where to look, what we feel, how we move, and where our hands are. The brain works to coordinate these sensations so small changes can be made to direct coordination and muscle control while engaged in a task or activity.

No-Cook Playdough Recipe

- 2 cups all purpose flour
- 2 tablespoons vegetable oil
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1 1/2 cups boiling water (adding in increments until it feels just right)
- gel food colouring
- few drops glycerine (optional but it helps with stretch and shine!)
- food extracts for scent (vanilla, lemon, peppermint, orange, etc.)

Sand Playdough Recipe

- cup all purpose flour
- 1 cup beach sand (it adds nice texture and a beachy scent!)
- 1/4 cup salt

- 1 tbsp. cream of tartar
- 1 Tbsp. Vegetable Oil
- 3/4 cup Boiling Water
- Shells, glass beads

Keep stored in an airtight container

Ideas

1. Encourage pushing, pulling, poking, kneading, squishing and rolling



Image of toddler squishing playdough

2. Push in and pull out straws, pegs, Legos, different shaped/textured items

3. Make handprints and/or footprints of each family member; compare the different sizes
4. Use garlic press and squeeze playdough through it...talk about the texture...what does it feel like?
5. Wait to add the colour and/or scent until after making the playdough. Add a few drops of food colouring/extract into the middle of a ball then roll and squeeze. Talk about the changing colour and added scent



Image of drop of blue food colour in the middle of a white playdough ball.

6. Hide treasures and then find them, i.e.: small toys, shells, things found on a walk or in the back yard. I.e.: stones, twigs, pinecones etc.



Image of shells and small sea animals pressed into playdough

7. Roll long snakes with the palm of the hand and explore letters and shapes

8. Roll balls with the palm of the hand and tabletop – use the balls for different activities such as pushing onto straws, exploring braille letters

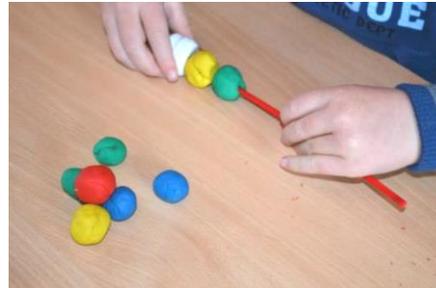


Image of child pushing playdough balls onto a straw and



Image of child putting playdough balls into a 6 well paint tray.

9. Be creative, have fun and check out Pinterest for more ideas!

******Remember to supervise your little ones if you are using small items***



Window Light Boxes

Many young children with visual impairments love playing on the lightbox. You can create your own lightbox with some sunny weather and a sliding glass door or large window!

Purpose:

To create an interactive viewing surface at home that highlights visual targets (e.g., objects, materials) using natural light.

Materials:

Before starting your lightbox experience, be sure to clean the window or glass door. This helps materials stick to the surface. Any material that is colourful, translucent, and able to be stuck to a glass surface can be used! Some suggestions:

- Shaving cream/foam
- Tissue paper (with tape/stick tack)
- Foam shapes
- Window stickers (usually found at the dollar store)

Ideas:

Infants and toddlers

- Place materials all around the glass surface and watch to see what your child pays close attention to (e.g., objects that move, certain colours).
- Put up materials that hands can easily grasp and pull (e.g., string with shiny foil flowers taped on) as well as more challenging objects to pull.

- Pull the drapes or blinds part of the way across to create a smaller, more focused viewing area as needed



Image of dark wood framed window with 4 panes

Preschoolers

- Talk about the different textures of the materials on the window (e.g. "This paper feels rough.")
- Use plastic wrap to stick small items (e.g., star cut-outs) onto the window. Try counting these items or including a second set of items under the piece of plastic wrap so that you can talk about which are same/different.
- Try creating a maze using a washable/dry erase markers or shave foam.
- Involve your child in selecting materials to stick on the window with an emphasis on texture – do we want to use sticky things, smooth things, rough things?



Image of child touching a smooth zip lock bag filled with paint, on a window



Tunnel Time

Making tunnels can provide lots of opportunity for creativity, exploring space, motor development skills and fun! This can be an activity to involve other siblings and dad, while "Doing With - Not For" the child.

Materials:

- You can make a tunnel out of **cardboard boxes**
- Crawling end-to-end or side-to-side under **a bed**
- **Using chairs** draped with towels
- **Draping a blanket over a low-lying table.**
- Better yet, make a few tunnels that can be separate or joined together.

** provide some venting and light for super long cardboard tunnels. **

Optional materials:

- Pillows
- Balls
- Flashlight
- Bell timer or stopwatch app

Ideas:

Infants and toddlers

- Play peek-a-boo.
- Crawl, roll, wiggle through the tunnel
 - If your child is hesitant, try putting a favorite toy in the tunnel; follow the family pet through; or position yourself at the other end.

- Put a pillow in the middle of the tunnel and encourage your child to "climb over".
- Roll balls through and fetch if they don't come out the other side.
- Play go-go stop as you assist an infant through the tunnel.
 - Assist as needed, with reciprocal movement of arms-legs.
 - notice echo sound.



Image of an infant and preschooler crawling through a tunnel

Preschoolers

- Put balls or stuffies into the tunnel to retrieve and throw through before exiting the other end.
- Time trials to see how fast the child can get through the tunnel.
- Try going through with one-hand and one-foot; feet only; arms only.
- Play "Red light – Green light".
- Play "Hide-and-Seek"
- Build-on and make a maze with connecting tunnels.
- Use as a play space, viewing a show or playing an app.