

**VISION LOSS
REHABILITATION
CANADA**
BRITISH COLUMBIA



PRCVI
Provincial Resource Centre for the Visually Impaired

June 15th- 19th

Your BC **Early Intervention** team from **Vision Loss Rehabilitation Canada** and our partners, Blind Beginnings, PRCVI, and BC Blind Sports hope that you are enjoying your weekly issue of the **Activity of the Day**. Once again, we are please to share a new selection of activities for week#10.

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**

**String of
Friends**

**Giant
Bubbles!**

**Learning
about
Weight**

**Making
Counting
Accessible**

**New!
App of the
Week**



String of Friends & Family

We might not be seeing our loved ones in person often, but we can still see them, have them in our home and talk about them often. These can be a decorative item in your home and a fun way for your child to remember and ask about friends and family.

What you need:

- Ribbon or string
- Photo's of close friends or family
- Pegs
- Decorations that remind you of each person
- Glue
- Scissors

To make:

- Ask friends or family for a photo of individual person, make sure they take the photo with a plain background so that they are most visible.
- Print the photo's and mount them onto firm cardboard.
- If the person has a busy background to their photo, you can cut them out and stick them to a high contrast background. (Plain black or white are best!)
- At the bottom of each photo attach a little decoration that reminds you of that person, ***e.g. a Christmas decoration for someone you usually see at Christmas, a few beads on a string for someone who always wears a bracelet, a bell for someone who likes music, etc.***

- Peg the photos to a ribbon and attach the ribbon to wall/ window that your child can reach
- You can make a variety of ribbons for different groups of people in your child's life

**** For children who are blind and/or do not engage with photo's you can attach a string of objects that represent important people***

How to have fun with your family and friends:

- Talk to your child about each person on their ribbon
- Let them feel the decorations, tell them a story about that person
- Allow your child to take the photo's off the ribbon and bring the photo up close
- See if your child can identify each person
- For those kids who can, encourage them to peg the photo's back onto the ribbon themselves.



Image of ribbon with pictures of friends clipped on with wooden clothes pegs

Example story to go with string of friends:

You are in the middle with a heart, with the friends you love. Sally has the feathers that you and she loved to play with outdoors and find birds. Eric is on the other side and he has a star; you loved trying to stay awake long enough to see the stars.

Tuesday

Let's Make Giant Bubbles!

Bubbles are a fun activity for everyone and can be introduced at a very young age. It is a natural way to introduce concepts such as **big/small, up/down, beside/behind, high/low.**

What you need:

This recipe will make a big batch of giant bubble mix; double or triple it depending on the size of the container you will use and how many children will be participating

Try to premake it the day before you want your children to play with it so that all the ingredients have a chance to dissolve into the water

- Add 10 cups of water to a large clean container. **I.e.: large bucket, large flat storage container, small plastic wading pool.**
- Slowly add 3 cups dish soap and 4 tablespoons of glycerin to the water. **Dawn works best!**
- **Gently** stir mixture together; try not to create foam or bubbles in while stirring
- Let sit for 24 hours
- When ready, dip in and have fun!!!!!!

Bubble Wand Ideas

- The always reliable large wands from your local dollar store – easiest for your toddlers to use independently
- small hoola hoops
- Butterfly nets (from the dollar store) with the netting removed
- plastic coated wire coathangers – you can bend them into any shape and attach to a stick with duct tape

- Make a 2 handed wand using 2 dowels and some string



Image of young child using dowel wand to make giant bubbles



Image of 2 children holding up a hoola hoop and making a giant bubble

Adaptations

- For a child who is blind; use a small bubble wand and blow a bubble into their hand; talk about what it feels like when its "pops" (wet, slippery)
- Have them use the direction of the wind to discover where the bubbles will go, and help them to position themselves so they will pop the bubble

(visor hat and sunglasses are advised to keep soap out of the eyes).



All About Weight Part 1

The concept of weight (**heavy/light**) is a great one to introduce to your child as it provides a reference and description about objects, people, and things, (brother is heavier than the family cat and both are lighter than Dad). Typically learning about the concept of weight evolves over **time and experience** and it can be **confused by other information** or developing concepts i.e. bigger objects must be heavier; two objects that look the same on the outside must weigh the same; more of an object must mean that it will be heavier than a single object.

Below are some suggestions on how to familiarize your child and build his/her knowledge about the concept of weight.

Introductory Activities

1. Use the Words and Experience the Concept:

- From a young age you can start referencing objects and things by using the words: "light" and "heavy". Whenever possible, provide your child with the opportunity to feel the weight.

I.e.: "Your bottle is full, oh, that feels heavy, let's use two hands to hold it".

" The family dog is heavy, feel him on top of you, let's try to lift him".

" The balloon is big and light, this ball is big but heavy; try to lift them up"

" This container in the tub is empty and light...lift it". "Let's fill it with water and lift it again...now it is heavy!" "Let's drop the bar of soap in see what happens"

2. "Flex your Muscles" and Categorize:

- Go around the house and lift and compare objects, people, and things. What is **Light**, what things are **Heavy**?
- Compare the weight of objects to and introduce the idea of categorizing. Sort what you find into 2 groups of things that are light, things that are heavy. *Are all the light items the same weight or are some heavier than others?*



Image of household items ready to sort into "heavy and light"

3. Household Helper:

- Recruit your child to help with transferring laundry from clothes hamper (dry and light) to end of wash machine cycle (wet and heavy).
- Moving the sprinkling can (empty vs. full).
- Feeding and watering your pet's dishes, **empty vs. full** (light/heavy).
- Returning toys to the bin, helping load items from shopping bags into the cupboard or fridge...

1. Human Scale

- Have your child act as the scale and weigh objects one in each hand to determine which object is the **heaviest** and which is the **lightest**.
- Introduce the **concept of "the middle"**. Some objects are not too heavy and not too light, they are in the middle.
- Gather three objects, and help your child determine which one is in the middle in terms of weight. Repeat with different objects.



Image of young child holding a block in each hand

2. Scavenger Hunt: Indoor and Outdoor Bags

- Using 2 large zip lock bags (can also use baskets or plastic containers with lids, take your child through the house and collect a variety of items.
- Sort each of the items into light/heavy and place them into the corresponding bag/container
- If it works for your child's development level, take pictures of the objects and sort them again into the light or heavy containers
- Repeat the activity for objects found outside.

3. In the Balance

Check out **Go Science Kids** for information about making a scale with a clothes hanger and the exploration of weight by a 2.5-year-old

<https://gosciencekids.com/diy-balance-scales-toddlers-preschoolers/>



Making Counting Accessible!

Many activities and strategies to teach counting are based on sets of visual/printed materials. Using tangible items to teach counting (i.e., manipulatives) to children with visual impairments is often our go-to strategy, but even the use of counting objects requires some thoughts about accessibility!

In this Activity of the Day, we will talk about counting strategies that are may be helpful to young learners with visual impairments.

Materials:

- Any set of counting objects (e.g., wooden beads, Koosh balls, blocks, **buttons*** Early on, try to ensure that all the items in the set are identical or very similar.
- "Finished" bowl or container
- Counting objects that are fixed to a page (e.g., cannot pick up, manipulate) – see diagram and description

****(remember to always supervise when using small items with younger children).***

In the photo six cubes are shown on a page. They are glued to the page so that they stay in their position. This is important since learning to count loose objects and counting fixed objects requires different strategies, especially for young children who are learning to counting only by touch.

Getting Started: It is a good idea to explore the size of the set of objects to be counted. It may be helpful to ask:

- What are you counting?
- Where are all the things we are going to count? (Encouraging scanning by vision and/or touch)
- Is there a lot or a little? (Estimate without counting)

Counting Loose Items

When counting a set of loose objects (e.g., blocks), it is important to consider how your child will be able to distinguish between what has been counted and what still needs to be counted.

- Have a bowl or container to use as the "counted" bin, so that your child can easily identify what needs to be counted and what they have already counted.

Counting Fixed Items

When counting a set of fixed items, your child will not be able to move each item, as he or she counts. This means that she may count the same item twice or miss an item.

- After exploring the set, decide which one will be the "starting" point. Your child can keep one finger on this item while counting or you can consider using a fuzzy sticker or other item to mark the starting point.
- Decide how the items will be counted:

"How should we count these objects?"

"Should we count from top to bottom or left to right?"

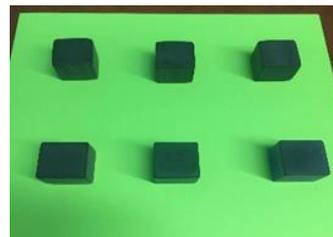


Image of a page of paper with 6 blocks on it

Resources:

Paths to Literacy – [Applying Purpose to Counting](#)



App of the Week

Cause and Effect



Image of a bubble, the icon for the app.

Baby Bubbles Babble

For Android and Apple devices.

Cost: Free

Develops simple cause and effect, promotes finger isolation, and colour recognition.

This app has no ads or information for parents or children to navigate.

- It has a constant stream of colourful bubbles that float across the screen.
- When your child touches or taps a bubble, the bubble pops on the screen, making a popping noise, and the device vibrates.
- The app has a black background which gives the brightly coloured bubbles contrast on the screen.

- A lullaby track and baby laughter plays in the background as the bubbles move across the screen with touch to pop.

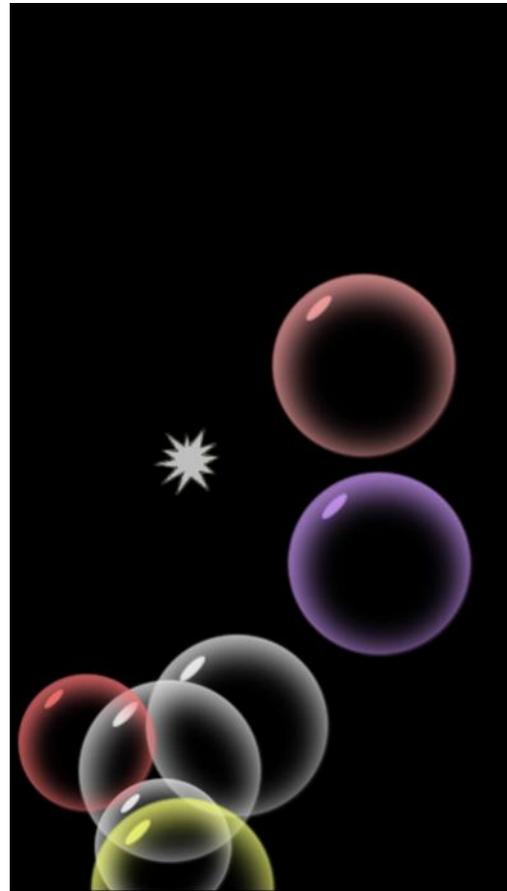


Image of bubbles on a black background taken from the Baby Bubbles Babble app