

**VISION LOSS
REHABILITATION
CANADA**
BRITISH COLUMBIA



June 29th – July 3rd

Happy Canada Day!

As we enter July, your BC **Early Intervention** team from **Vision Loss Rehabilitation Canada** and our partners, Blind Beginnings, PRCVI, and BC Blind Sports will continue to provide our weekly **Activity of the Day** resource. As always...we are please to share a new selection of activities for week#12.

During this time of social distancing, we will continue to send out 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**

PRCVI 
Provincial Resource Centre for the Visually Impaired

**Obstacle
Course**

**Screen
Board**

Parachutes!

**Letter
Sounds**

Fireworks!
App of the
Week



Outdoor Obstacle Course

An obstacle course provides for creativity in using household items and materials to create a course that can challenge motor skills, balance, coordination and planning how to go through the course. A backyard setting is great to set up and make changes to your course, or you may be restricted to a balcony or downscale to a local green space with materials hauled to/from. As possible include your child in set up and making changes and modifications to the course.

Materials - Supplies:

(whatever you have that you and your child can create with)

- Ladder (step thru the rungs, monkey crawl without touching the ground, walk up)
- Cardboard boxes (crawl thru, support movement, hold up boards or rope)
- Rope (skipping ropes work well, walk on, jump over, crawl under)
- Hoola hoops (crawl thru or under, hoola action, step or jump in-out)
- Outdoor furniture (inchworm under,
- Boards (go under, crawl on, balance)
- Buckets (throw balls into, supports for boards, bob for apples)
- Balls and pins or cones (empty cans)
- Balloon (sit on it to pop it)
- Foam noodles (limbo under, jump over)
- Red plastic cups (stepping over, zig zag thru, use as targets)



Image of a child crawling on his back under a pool noodle suspended by 2 chairs

Movements to Focus on:

1. Side to side/zig zag

- Set up cones/place sticks in the ground/lay down a rope in a zigzag pattern. Walk, run, hop, shuffle around the cones.

2. Over/Under

- Using a variety of chairs and stools and poles to create obstacles of different heights. Practice climbing over and crawling under the obstacles

3. Jump

- Place hoola hoops, foam noodle, ropes on the ground and jump over them.

4. Throw

- Create a 'beanbag' toss using stuffies as beanbags. As a target use either a bucket or a kitchen bowl.
- Practice throwing underhand and overhand

5. Kick

- Create a bowling lane using paper/plastic cups or cans as bowling pins, and a ball as a bowling ball. Kick the ball to the knock over the bowling pins. **See Week #3 Basement Bowling**

6. Roll

- Using the cups as bowling pins, lie on your side and use your body to roll into the cups trying to knock them over. Roll under lawn furniture.

7. Balance

- Put a plank of wood on the ground and walk on it. Step between the rungs on a ladder or over cups that are spaced apart.



Image of young boy walking along a plank balance beam on the grass

Tuesday

Making and Using a Screen board

A screen board is an easy way to increase the amount of tactile feel when scribbling or drawing and when making shapes, numbers, or the alphabet.

This can be handy for outlining tactile shapes to be coloured or patterns to be traced or tracked. The texture of the crayon provides a nice "bumpy" feel for greater tactile feedback when exploring the drawing.

Supplies and materials may require a trip to the dollar store and/or hardware store. Note metal mesh vs. nylon mesh provides much better sensory feel.

Materials:

Simple:

- use of a frying pan splatter guard
- regular weight or tracing paper for drawing on
- crayons (provide waxy texture)

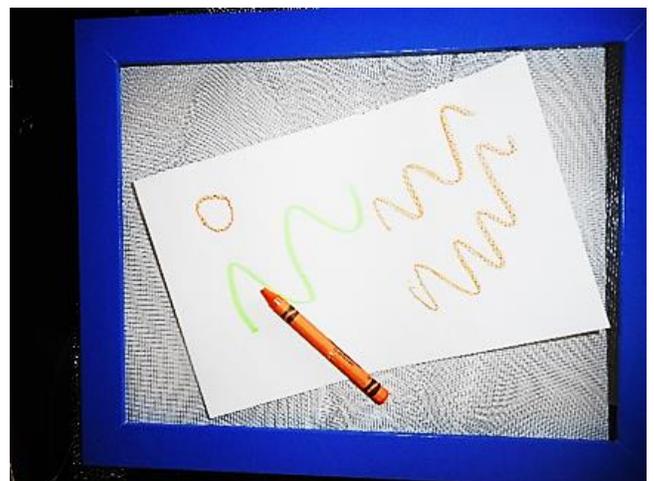
DIY Options

- light metal screen (used in screen doors or window screens)
- paper plate or piece of cardboard
- tape for securing the screen to the surface
- regular weight or tracing paper for drawing on
- crayons (provide waxy texture)

Other Options

- use a picture frame with glass taken out and replaced with screen and cardboard backing.

- ceiling tile or rigid foam board (allows for use as a screen board on one side and large push pin activities on the back side).



Three images of screen board variations; using splatter guard, cardboard, and picture frame.



DIY - Playtime Parachutes

Making up parachutes can be a fun little activity that can be used to promote visual tracking, sound localization, learning about air, gravity, wind, height, and weight.

**** As always, caution is needed around young children to avoid potential danger of suffocation from plastic bags * Avoid trees and power lines ****

Materials:

- plastic bags of various sizes
(a chance to re-cycle grocery store and produce bags)
- string or wool yarn
- tape or sharp object to puncture a whole in the bags, fabric to slide the string thru
- optional; light weight mesh bag
- variety of light weight, high contrast toys, balls, non-helium balloons
- a paper or Styrofoam cup (optional)
- light weight, high contrast fabric material, try a 1x1 ft. and 2 x 2 ft. squares.

Instructions:

1. Cut the plastic bag into a square, try different sizes for different object weights.
2. Puncture a small hole in each corner of the plastic bag or fabric.
3. Cut string into four equal pieces approximately 12 inches long.
4. Tie (or tape) one length of string to each hole of the plastic bag. Tape or tie the other end of the string to the object. If using a mesh bag to hold items in, tie or tape to the corners of the parachute.

5. If you are using a cup, experiment with putting different things in your cup- ideally items that make sound such as bells.

Suggestions:

1. Drop the parachute from different heights
2. Throw the parachute up as high as possible
3. Use a pointer finger to track the parachute as it descends.
4. Compare different sized parachutes and plastic vs fabric.
5. Compare differences in objects, add bells to cup for sound localization.
6. Compare wind direction, indoor vs outdoor "loft" and float time.
7. Practice counting how many seconds the parachute and object stay up.
8. Turn the lights off or go outside in darkness and attach mini glow sticks.
9. Make a landing platform for your parachute, you can use tin foil to create a shiny landing target for your parachute.
10. Take turns following and catching the parachute as it falls.



Image of plastic bag parachute with toy



Games with Initial Letter Sounds!

An early challenge for budding readers is associating letters with the correct letter sounds. This is one of the first steps toward acquiring what is referred to as **phonological awareness – the ability to discriminate, remember, and manipulate sounds in syllables, words, and sentences.**

With young readers, the initial sound in the word is very salient (e.g., "F" in Frog). For young readers with visual impairments, try creating direct learning experiences in initial letter sounds with hands-on materials and activities.

Let's make some initial letter sound bins!

Materials:

- Large container with lid
- Small objects that all share the same initial sound.
- Whiteboard with erasable markers (if applicable)

Process:

Start by assembling a group of objects that all share the same initial letter sound. For example:

- A jar of jam
- A jacket
- Jewelry
- A jet (toy)

Share the set with your child. As you go through each item, ask them to reach into to box, find an object, and take it out.

Label the object for your child, emphasizing the first sound of the word: "That's a **J**ar of **J**am!"

Ask your child to repeat the word and ask what sound they hear at the beginning of the word.

Extending the Activity

Letter Sound Scavenger Hunt!

- Ask your child if there are items that have the same initial letter sound that they could add to the box from around the house (you may need a bigger box!)
- Before the reader places the item in the box, ask them to tell you what it is and why it should go in the "J" box (for example).

Sorting Extravaganza!

- Set up some sorting zones on a table, or on a floor with some hula hoops, for example. Most importantly, your child should be able to distinguish one zone from another to make for a successful sorting experience.
- Sort items based on their initial letter sound. I.e.: items that start with "J" in one hoop, items that start with other sounds in another.
- Once your child has sorted the items, take a turn sorting the items and ask your child to check your sorting (perhaps leaving some "mistakes" for them to find).



Image of a sound bin containing an apple along with other items that start with the letter "A"



App of the Week

"iLoveFireworks Lite"

Celebrate Canada Day by creating some fireworks!!!



Image of a firework going off from the icon for the app.

Cause & Effect; Eye- Hand Coordination; Sustained look and listen skills.

iLoveFireworks Lite is free for Apple devices- an iLove Fireworks ad free version costs \$1.39.

The app creates brightly coloured fireworks with a tap or touch on the screen. This promotes **look and reach** and learning of **Cause and Effect** as a touch of the screen will make something happen.

iLoveFireworks Lite features:

- Colourful fireworks
- Firework sound effects
- 3D graphics
- Varied feedback based on the type of touch
- The ability to record and create new firework displays.
- An easy to use interface



Image of colourful fireworks, a screenshot from the app.