

Using All Your Senses

Activity Ideas

On average 85% of the information we receive is through the sense of sight. When an individual is visually impaired, they must rely on the other senses, where stimulation is often much more subtle.

Here are some activities to help get all senses: sight, sound, touch, taste and smell, stimulated. Please note that some activities should be checked first with medical staff to be sure that blinking lights, certain smells, ingredients, materials, etc. will not become a concern for anyone with a seizure disorder, allergy or other consideration.

Sense of Sight

- Using blinking lights (example the game "Simon")
 - [https://en.wikipedia.org/wiki/Simon_\(game\)](https://en.wikipedia.org/wiki/Simon_(game))
- Using string indoor/outdoor lights to illuminate the environment
- Painting with florescent paints with a black light in a darkened room
- Using moving robots or remote-control cars with blinking lights and bright colors
- Using the American Printing House for the Blind (APH) Light Box. APH has many suggested light box activities, items and tools that can be used.
 - https://www.aph.org/search-results/?fwp_search_field=light+box
- For maximum viewing choose items with high color contrast
- Using materials/objects that move

Please note: These Web links are being offered only as informational resources.
It is not our intention to endorse or recommend the sites.

Using All Your Senses (continued)

Sense of Sound

- Listening to a wide variety of music.
 - APH has the Joy Player which can be used for music and audio files
 - <https://www.aph.org/product/joy-player/>
 - Pandora is a free online radio station where you can design and choose what type of music you want to hear
 - <https://www.pandora.com/>
 - Listening to music on the radio or on YouTube
 - <https://www.youtube.com/>
- Playing musical instruments
- Attending local high school musicals or concerts
- Playing music on the iPod shuffle, iPad, iPhone or Android.
- Ordering the Rock Guitar T-shirt (it is different, fun and it works!)
 - Search terms: rock guitar t-shirt
- Listening to Books on Tape from the Perkins Talking Book Library
 - If you are unfamiliar with Perkins Book Library and what to order: start with anything by Shel Silverstein who writes engaging short poems that are silly/rhythmical, “Where the Sidewalk Ends” or “A Light in the Attic”.
 - <https://www.perkins.org/library>

Sense of Touch

- Resting hand(s) on a speaker and turn up the base for a strong vibration
- Smelling and Using scented lotion on one’s hands, arms or legs.
- Soaking one’s feet in scented water
- Soaking hands & fingernails in warm soapy dish liquid
- Using a weighted blanket for pressure stimulation and its calming effect
 - <https://www.healthline.com/health/anxiety/do-weighted-blankets-work>
- Creating a textured throw blanket made of squares of fabric the individual selects & sews together to place over lap or arm of chair for access at will.
- Using APH textured paper the textured sheets can be cut into shapes and used for various art activities.
 - <https://www.aph.org/product/textured-paper-collection/>
 - <https://www.aph.org/product/feel-n-peel-sheets-carousel-of-textures/>
 - <https://www.focusonvisionandvisionloss.org/aph-product-information.html>

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Using All Your Senses (continued)

Sense of Taste

- Experiencing new flavors regularly
- Taking a trip to local farmers market or roadside stand for fresh local item
- Cutting up fresh garden tomatoes and other vegetables
- Go blueberry picking in the spring and then make a dessert or smoothie
- Trying star fruit, kiwi, mangoes or any fruit you find interesting.
- Infusing 1-3 types of fruit into a glass of water
- Enjoying different flavors of mints or candy for a quick burst of flavor

Sense of Smell

- Using a drop or two of an essential oil on the blade of a fan to move the scent through the room; use a small personal fan within a few feet of the individual for the freshest smell
 - Aroma therapy comes in all shapes and prices ...start with 3 scents & grow you collection.
- Using a scented neck wrap or slippers that you warm in the microwave to release the scent of lavender, or other great scent
 - Search terms: aromatherapy heated neck wrap or slippers
- Filling a cotton ball with a scent and gently tape it to the corner of the table or the wheelchair tray
- Using scented plug-ins (leave on for 30-60 minutes for maximum experience of scent).
 - Search terms: scented plug in air freshener
- Using scent for art projects
 - Drawing with scented markers for art projects
 - Add a drop of extract to paint...orange scent to orange paint, grape or lavender to purple, etc.
- Visiting a flower shop and encouraging the individual chose a flower whose scent they like, and keep nearby.

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Using All Your Senses (continued)

APH Resources

- On line APH Catalog:
<https://www.aph.org>
- MCB/DDS APH Federal Quota Account Information & Order Form:
<https://www.focusonvisionandvisionloss.org/aph-federal-quota-account.html>

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Please also see MCB/DDS Partnership “Focus” resources:
<https://www.focusonvisionandvisionloss.org/recreation.html>

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