



Southampton Sight

supporting people living with sight loss

SIGHT AWARENESS - SENSORY CHALLENGES

GETTING DRESSED

What you need –

Pyjamas

The clothes you are wearing

What to do –

1. At bedtime, place your pyjamas on the floor next to you.
2. Close your eyes.
3. Now take off your clothes, with your eyes closed, just using your sense of touch.
4. Next...try to put your pyjamas on, still with your eyes closed, just using your sense of touch.
5. How did you get on?
6. You can try this activity the other way round too....take off your pyjamas and put on your clothes instead.

- THINK ABOUT HOW YOU IDENTIFY WHICH WAY ROUND YOUR CLOTHES GO
- HOW DO YOU KNOW WHICH CLOTHES ARE WHICH BY THE SENSE OF TOUCH?

This activity helps children understand more about the sense of touch.

It highlights that people who have visual impairment or sight loss, may need to use their sense of touch more because they do not see things in the same way as someone with normal vision.

