



Southampton Sight
supporting people living with sight loss

SIGHT AWARENESS - SENSORY CHALLENGES

WHAT'S THAT SOUND?

What you need –

An adult to download a sound App from Appstore or Google Play onto their phone or tablet.

NB. There are various sound apps available for free or at low cost
e.g. Sound Touch

What to do –

1. Download a sound recognition App for children to your phone or tablet.
 2. Select sounds from animals, transport, people, instruments etc. to play to your child to identify.
 3. Can they work out what is making each sound?
- IF YOU HAVE A GARDEN OR BALCONY OR YOU CAN GET OUTSIDE FOR A WALK WITH YOUR FAMILY - LISTEN TO SOUNDS AROUND YOU OUTSIDE. WHAT CAN YOU HEAR?
 - DRAW PICTURES OF THE THINGS YOU HEARD OUTSIDE

This activity helps children understand more about the sense of hearing. It highlights that people who have visual impairment or sight loss, may need to use their sense of hearing more to tune in to things around them, because they do not see things in the same way as someone with normal vision.

