



Southampton Sight

supporting people living with sight loss

SIGHT AWARENESS - SENSORY CHALLENGES

WHAT'S IN THE BAG?

What you need –

A pillow case

A collection of 6-8 objects that belong together, but are not all the same – e.g. a set of small cuddly toys, some toy farm/zoo animals, some items from the kitchen drawers, toy vehicles, natural items (shell, fir cone, twig, stone, smooth pebble, leaf)

What to do –

1. One person (parent or child) collects the objects and places in the pillow case, without the other person seeing.
2. The other person then places their hands inside the bag, without looking, and feels around in the bag.
3. The person who placed the items in the bag then issues instructions of things to feel and identify e.g. “Can you find the wooden spoon?”
4. The game continues, trying to identify objects as directed.

- HOW MANY OBJECTS CAN YOU IDENTIFY?
- TRY DIFFERENT COLLECTIONS AND SEE IF SOME THINGS ARE EASIER TO IDENTIFY BY TOUCH THAN OTHERS.

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.

