O&M Learning@home Video Transcript

Moving our bodies is important for our health and well being. Walking with your child who is blind or who has low vision provides many learning opportunities, helps us to feel good and have a break from sitting.

Through exploration and engagement with the outdoor environment and streetscapes your child can learn many concepts that are related to learning at school.

Your child can learn to gather sensory information that helps them to recognise places, identify differences and make comparisons. These skills help your child to be more independent as they move around schools and access many different learning environments.

Mums, Dads and careers play an important role in knowing their child’s interests, keeping them safe, helping them predict and understand some of the sensory information.

It is usual for children to need time to stop and pay attention. So be sure to allow plenty of time to engage and not be as worried about reaching a destination quickly.

Some children might be more cautious in new environments and will feel more comfortable being close to an adult. Others may move quite quickly, but might need help to pay attention to details.

Child’s voice (photos):

*Under my feet I can find slopes, steps and bumpy ground.*

*I know I am near my friend’s house when I find the pebbly driveway.*

*There are three pebble driveways in my street, so I need to listen for the echoes near her concrete fence.*

*There’s a hidey hole in her fence and I like to investigate with my cane.*

*When I find my neighbours fence it tricks my Mum. It looks like it’s made of wood but when I touch it- it’s cool and smooth. If I tap it, it makes a tinging sound- what do you think it’s made of?*

*If I follow the tinging fence, and get down low, I can find a garden. The leaves are tall and strong, with a little point on the tip. I like to check the pebbles too. Sometimes I find the heaviest. Sometimes I put five in a row from biggest to smallest.*

*When I am out walking, I find lots of things to measure. Some things come up to my knee- some come up to my head and some are too tall to find the top.*

*It’s so noisy near the building site. I am careful not to trip on the rocky driveway.*

*I like listening to the big trucks that come and go.*

*Sometimes I collect some different leaves. There are some many different leaves to find. I like the ones that smell nice.*

 Adult’s voice

*You can use your senses to discover something unique in every neighbourhood or backyard.*

*I wonder what you can discover in yours?*