



PODCAST FREEBIE

5 Activities to Complete Blindfolded

As talked about on All Things Sensory Podcast Episode #147: Tips for Improving Body Awareness, Mid-Range Control and Force Modulation!

These activities will address a variety of skills, including:
Praxis. Body & Spatial Relations / Awareness. Somatosensory Processing.

1 SENSORY BINS WHILE BLINDFOLDED

Locating items within a sensory bin without the use of vision helps promote tactile processing, fine motor development, and somatosensory processing.

2 SIMON SAYS WHILE BLINDFOLDED

Play a modified version of Simon Says while your partner is blindfolded.
"Touch your left elbow with your right pinky." "March in place for 10 seconds."

3 FAMILIAR DAILY TASKS WHILE BLINDFOLDED

Complete familiar daily tasks, such as brushing teeth, drinking from a cup, putting clothes on, etc. while blindfolded to help improve motor planning and body awareness.

4 DRAWING & WRITING WHILE BLINDFOLDED

Practice handwriting skills without the use of vision - draw pictures of simple shapes, write your name, follow auditory instructions for drawing specific lines, etc.

5 STACKING A CUP TOWER WHILE BLINDFOLDED

Take those extra red-solo cups and stack them into a pyramid while blindfolded. The verbal cue, "a gentle hand will rule the land" is our go to with this one! This will also help improve mid-range control and force modulation as an added bonus.

