



Top-10 List of Favorite Stay-at-Home Activities

Your home is a wonderland of toys and educational activities for your child who is blind or visually impaired. Here are our favorite stay-at-home activities to do now!

1. **Touch and explore!** Fill a large bowl, bucket or small container with things to touch and explore. A bucket of balls in different sizes and textures. Shiny things like scarfs, mylar wrapping paper, Mardi Gras beads and Slinkys. Make a basket of different fruits, smell each one and talk about their different shapes and textures. Eat an orange slice and talk about how sweet and juicy it is. [HERE](#) are some more ideas.
2. **Body awareness!** Place a few of your pots, pans and lids on the kitchen floor next to your child and show them how to touch the cookware using their hands, feet, arms, legs, etc. This is great for body awareness and other important concepts like in, on, under, over, next to, between, etc. Then, show your child how to use wooden spoons or other kitchen utensils to make interesting sounds against the pans. Talk about all the different sizes of utensils and their different materials.
3. **Make a scratch board!** Cut out paper materials like corrugated cardboard, folded paper, crinkled newspaper, bubble wrap, sandpaper or mylar and glue them to the outside of a cardboard box to make a scratch board. Use the inside and outside faces of the box so your child can explore the textures while moving around the box or playing inside it.
4. **Shake noisemakers!** Fill empty water bottles, milk jugs, juice containers or plastic Easter eggs with rice, beans, small pebbles or dry pieces of cereal to make noisemakers a child can shake with their hands or kick with their feet. Be sure to tightly seal or glue these items shut and provide careful supervision. Don't leave your child alone with these containers as there are chokeables inside if pulled apart.
5. **Three-dimensional puzzle!** Fill a laundry basket with things a child can pull out through the holes - socks, belts, small stuffed animals, or beads. Leave part of the item hanging out of the basket so the child can find it more easily. If your child isn't mobile yet, you can fill a colander with brightly colored pipe cleaners and encourage the child to insert or pull the pipe cleaners out of the colander.

6. **Make play dough!** Make Kool-Aid play dough with this [RECIPE](#) and have fun patting, rolling, squeezing, sculpting or cutting it into shapes. The bright colors and fruity smell will remind you of summer!
7. **Explore outdoors!** Celebrate Earth Day on April 22 and take a walk outside with your child. Talk about what sounds you hear. Do you feel any breeze? Is the sun warm on your face?
8. **Read a book!** For tips on reading with your baby click [HERE](#). For tips on reading with your toddler click [HERE](#).
9. **Learn more!** Schedule a video call with your teacher from **A Shared Vision!**
10. **Recharge!** Take time for yourself. Go for a walk, call a friend, try a new recipe, catch up on a favorite TV show. When you reach out to others, do so with a loving heart and clean hands.