Blindness

Being blind

Find out about Louis Braille.

Learn about feeling the Braille alphabet.

Create Braille script of your own using lentils or seeds stuck on to card and ask a friend to feel what you have written.

Visit the RNIB web site (www.rnib.org.uk)

Health

Find out about river blindness. What countries does it affect? How can it be prevented?

Vitamin A and E along with the minerals zinc and beta carotene are good for healthy eyes.

What foods contain these and can they be grown in Zambia? (Mangoes, red peppers, tomatoes, sweet potatoes and carrots.)

Make up a menu / meal using as many items that will help maintain healthy eye sight.

Try growing some tomatoes and peppers in grow bags or pots in the classroom or in school garden to harvest.

Discussion ideas

Imagine being blind and describing your day or an activity through sound only.

How could you help a blind friend spend a day in your school?

What sort of help would they need? Could they cope with the environment as it is?

Write and describe in detail some of your favourite sights for a blind friend to share.

Games

Try blind folding a volunteer and with the aid of a cane asking them to make their way across an area with some obstacles in the way.

Try giving the blindfolded friend instructions to move safely around furniture or obstacles in the room.

Identify items from a prepared tape i.e. animal sounds, vehicle sounds environmental sounds.

Make up a sound story and record i.e. getting up, washing, eating cereal, brushing teeth, coat on, leaving house walking to bus stop etc. Then ask listening group to narrate what is happening.