



## ADAPTING LEISURE ACTIVITIES

**Games:** Consider adapting the borders by using a tactile border such as a rope or heavy tape; an auditory border (radio or wind chime.) Adjust rules: Give longer response times; or lowest points win instead of highest points wins!

**Gardening:** Use tomato cages to corral all vegetables and fruits. These may be labeled with both large print/braille labels for easy identification. For low vision gardeners, plant brightly colored marigolds or other flowers along the border to assist with locating the garden perimeter.

Railroad ties are great for sectioning off specific areas. Raised beds are also easily located.

**Swimming:** Use of a long pole with a soft sponge attached to the end by a person standing at the end of the pool may be used to lightly tap the shoulder of the swimmer as she/he nears the end of the pool. Use a sound source.

**Bowling:** Most bowling alleys have land guides. Use a sound source.

**Cards/Board Games:** There are several catalog sources that have ready-made games in both large print and braille

versions. With a hot glue gun, HiMarks, sandpaper pieces, or other textures, you can adapt many board games.

Running/Walking: A tether may be used for runners or walkers. Tethers can be a simple piece of rope approximately 12-18 inches long. The rope is held in the hands of the guide runner and the other runner. Another variation on the rope is a stretchy telephone cord. This allows for a bit more freedom. There are numerous walking and running groups in Michigan.

Bird Listening: There are many websites that allow one to hear the different bird songs. These may be downloaded to an iPod or MP3 player and used in the field to identify birds.

Beading: Creating jewelry with beads can be done by using an pill organizer to keep beads from rolling away. Wax the thread to used. A square of corrugated cardboard with the ridges exposed will allow you to line up the beads to form your design and the beads from rolling away.

Yoga: The yoga mat sets boundaries. A good instructor can talk or assist participants in poses.

Resources:

<http://www.visionaware.org/recreation> and leisure

United States Association of Blind Athletes:

<http://www.usaba.org>

Birds' Songs:

[http://www.partnersinrhyme.com/sound fx/PD sound fx/birds.shtml](http://www.partnersinrhyme.com/sound_fx/PD_sound_fx/birds.shtml)

[http://www.azfo.org/soundlibrary/sounds\\_intro.html](http://www.azfo.org/soundlibrary/sounds_intro.html)

Adapting a game platform for children with visual impairments: <http://citeseerx.ist.psu.edu/viewdoc/summary>

Gardening tips:

<http://agrability.missouri.edu/gardenweb/Vision.html>