

Group Activity

Walk in My Shoes: Sensory Experience



Experience a world with no vision to understand challenges faced by those with low vision or blindness.

What You'll Need:

- ▶ Blindfolds
- ▶ Ingredients for making a sandwich (bread, butter vegemite/ Nutella/ jam, knife, plate)
- ▶ Cups and a beverage (water, cordiale or juice)
- ▶ Cleaning cloth

Instructions:

1. Introduction

- ▶ Gather everyone and explain the purpose: to understand life with low vision.
- ▶ Discuss the challenges people with low vision might face.

2. Setting Up

- ▶ Prepare ingredients for making a sandwich on the table.
- ▶ Arrange for everyone to work in pairs. One person blindfolded and one person a spotter to keep the blindfolded one safe.



Remember

Be careful while blindfolded!
Move slowly and cautiously.
Respect everyone's experience
and feelings during the discussion.

**Have fun and learn from
this unique activity!**

3. Blindfold Challenge

- ▶ Each person takes turns wearing their blindfold. While blindfolded, make a sandwich and pour a cup of water/juice.
- ▶ Focus on using touch, smell, and memory to complete tasks.

4. Group Discussion

- ▶ After everyone finishes, gather together without blindfolds.
- ▶ Share experiences: What was challenging? How did it feel?
- ▶ Discuss how living with low vision might impact daily life.
- ▶ Encourage empathy and understanding.

5. Reflection

- ▶ Ask participants to think about ways they can help people with low vision or blindness.
- ▶ Reflect on newfound perspectives gained from the activity.