

Understanding what's under my feet

Age: 27–36 months

Resources: Different textured surfaces, bubble wrap, paper, rubber mats, rugs, leaves, pebbles, sand and soil.

Activity:

- Try playing games which encourage balancing on one foot. Hold both of your child's hands initially and gradually reduce your support. Games such as Simon Says, or children's yoga poses work well.
- Play games that involve reaching up high. At first, hold your child's hands to encourage them to stand on their tiptoes.
- Try walking on different gradients of slopes. This should be introduced by firstly holding your child's hand until they become confident to walk without support.
- Walking as quietly as possible on crinkle paper, bubble wrap, leaves or pebbles. You may need to hold your child's hands initially, but their balance will improve with practice.
- Use simple words consistently to describe activities as you and your child complete these together.



Notes:

Please supervise your child at all times while completing any of the activities outlined on this sheet. Stop any activity if your child becomes upset, unwell or you are unsure if you are completing it correctly.

The activities on this card align with stage 5 of the [Developmental Journal Babies Visual Impairment \(DJVI\)](#)

If you would like any further advice or support, please contact the advice line on **0800 7811444** or via email [**children@guidedogs.org.uk**](mailto:children@guidedogs.org.uk)