

Two Sides of the Body



Children who are blind do not have the same opportunities as their peers or siblings to learn about their bodies and how the different parts work. Children have to learn about their own body, size, shape, movements, left and right, and how this relates to their environment.

Children need initially to develop an awareness of left and right and that their body has two sides, the child may find this confusing and difficult to comprehend initially and may find it difficult to associate left from right.

Massage: Babies and young children may enjoy having a massage using firm touch, with scented lotions that your child can smell, or moisturiser or sun cream. Massage using a routine and talk to your child naming the two sides of the body, left arm, right arm etc. Older children can be asked to help naming the two sides of their bodies, limbs and face.

Messy Play: Play dough, jelly, shaving foam, placed in one hand and then the other, always talking and confirming to the child which side of their body is left and right.

Gross Motor Play: In a room with soft surfaces, a soft play area for example or somewhere with wide-open spaces, encourage your child to experiment, moving and using all parts of their body.

Squeezing: Using play dough, a stress ball, foam, ask your child to make a fist using a named hand, left or right, and squeeze the fist, releasing slowly. Add herbs, essence, sand or rice to the play dough to make it more interesting and scented or textured.

Feeling Textures: Find different textures for your child to feel, bubble wrap, sandpaper, sponge, carpet square, and encourage your child to feel the named textures with one hand and then the other.

Touching Sides: Touch one side of your child's body, asks your child to touch the same side. Then ask them to touch the opposite of their body, naming the limb, and side at the same time.

Simon Says: Use lots of directions enabling movement to involve both sides of the body, for example, touch your right foot with the left hand.

Tumbling: Ask your child to roll to one side and then on the other.

Disclaimer: Information sheets have been produced to provide information and advice for the parents of visually impaired children. Changes may occur in theories and legislation, however, the information sheets have been written in good faith, as a general guidance tool. If you have any questions with regard to issues raised by the information sheet, please contact the National Blind Children's Society, National Family Support and Information Manager.