

PAWS ON THE WHARF

Kids Activity Pack

A 'pawsome' pack
of fun activities!

Inspiring kids through
creativity and encouraging
important discussions on
accessibility and inclusion.

 [pawsonthewharf_guidedogs](https://www.instagram.com/pawsonthewharf_guidedogs)

 [guidedogs.org.uk/pawsonthewharf](https://www.guidedogs.org.uk/pawsonthewharf)

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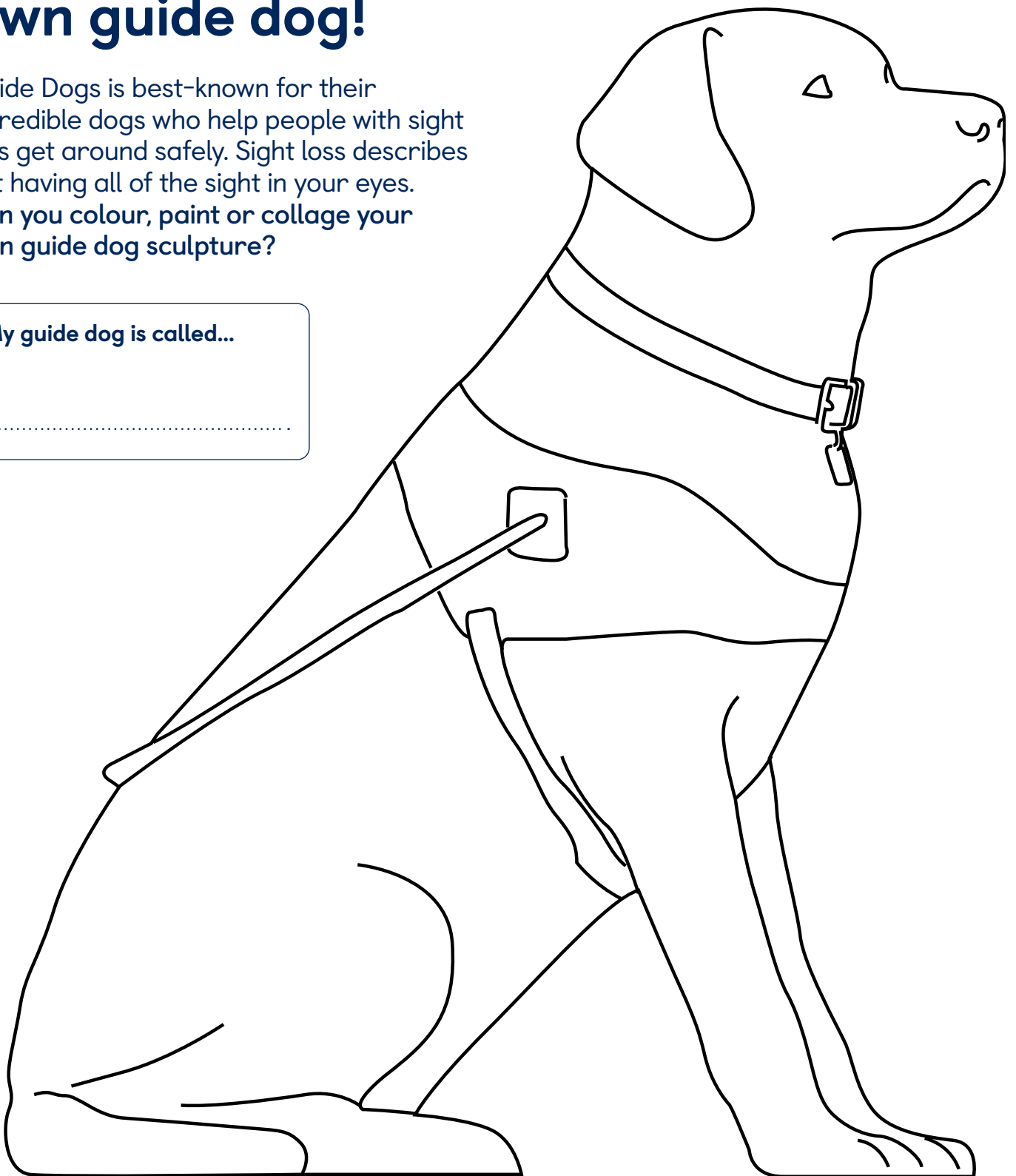


Design your own guide dog!

Guide Dogs is best-known for their incredible dogs who help people with sight loss get around safely. Sight loss describes not having all of the sight in your eyes. Can you colour, paint or collage your own guide dog sculpture?

My guide dog is called...

.....



Help box

Someone who has sight loss might use some of their senses to help them with everyday tasks and activities. Why don't you try adding different textures to your design? For example, add some scrunched up tissue paper for the sense of touch or use scented pens for the sense of smell

Make a blindfold and write your inclusivity promise

It's really important to be 'inclusive'. Inclusive means including others and not leaving anyone out. It also means celebrating everyone and our differences. Can you make a blindfold and think of and write your own inclusivity promise?

Help box

Here are some ideas of inclusivity promises:

I promise to be more inclusive by...

- Inviting someone to play with me who is sat on their own.
- Giving someone a big smile and saying hello, making them feel happy and connected with me.

Top tip: When entering a room where there are people you don't know, or there is a person with sight loss, it is often helpful to introduce yourself and say your name when you say hello.



My Blindfold and inclusivity promise

1. Write your inclusivity promise on mask A.
2. Cut both mask A and B out along the pink dotted line.
3. Stick masks A and B together back-to-back.
4. Make two small holes on each side of the mask where the pink circles are marked.
5. Thread some elastic, string or ribbon through the holes to tie the mask around your head.

Mask A



Mask B



Blindfold challenge

The 5 senses are: touch, sight, hearing, smell and taste.

Senses are useful to everyone as a way to take in information about the world around us, but some of these senses can be especially important to people with sight loss, who may not be able to use the sense of sight as much or at all.

Try some of these fun activities with your new blindfold. You won't be able to use your sense of sight, so try and focus on your other senses such as touch, hearing, smell and taste.



1

Art in the dark

Can you create a piece of art wearing your blindfold, using only your imagination and senses, other than sight? Think about using your 'touch' and 'hearing' senses for this activity.

Help: Consider using tactile materials such as Play Doh, plasticine or a collage.

Grown-ups: Supervise your child at all times during this activity and take it outside if you want to minimise the risk of any 'mucky pups'!

2

Blindfold jam sandwich

Can you make a scrumptious sandwich wearing your blindfold? Think about using your 'touch', 'smell' and 'taste' senses for this activity.

Help: With a grown-up, put the butter and jam into separate containers, take two slices of bread, a plastic knife and the containers, pop your blindfold on and have a go at making your blindfold sandwich!

3

Blindfold count the coins

Can you try and count a sum of money from the coins in a pot or purse while wearing your blindfold?

Help: Think about using your 'touch' sense for this – using your fingers to feel the shapes of the coins.

Grown-ups: For younger children, try a container or bag of household items and use your 'touch' sense to guess what they are.

Create your own Sensory Play Box!

Create a box with some special toys and relaxing activities, where you can go to, sit down quietly, and have a break. Focus on your sense of touch with some tactile toys such as a fidget toy, stress ball or squishy gel toy, giving you some peaceful time to relax and recharge.

Ideas of things to include in your Sensory Play Box:

- Resistance bands
- Fabric tunnel
- Blanket
- Fidget tool
- Stress ball
- Scented playdough
- Spiky ball
- Squishy gel toy
- Harmonica

Grown-ups: Vary the items you include to meet the needs of your child. This will help to create a very personal range of activities which you can grow and develop as your child's needs change.

For further information on My Sensory Play Box, please visit [guidedogs.org.uk/getting-support](https://www.guidedogs.org.uk/getting-support)

Don't forget to visit our unmissable free art trail from 25 March to 17 May 2024.

If your child has a vision impairment and you would like any further advice or support for your child, please contact the advice line on **0800 7811444** or via email children@guidedogs.org.uk

If you would like to support our life-changing work, donate to Guide Dogs at [guidedogs.org.uk/pawsonthewharf/donate](https://www.guidedogs.org.uk/pawsonthewharf/donate)

Grown-ups

Help your kids create their very own Sensory Play Box! Children with sight loss are continuously working hard to learn about their world. Visual and general fatigue can be challenging, and regular breaks are essential. Regular breaks with 'go-to' activities and stress relieving toys can provide rest and rejuvenation for your child; helping them to maintain their emotional resilience and well-being.

Guide Dogs works with children to create sensory playboxes, and we think every child could benefit from one too!



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