

Appreciating Vision and Understanding

Loss of Vision Activity Sheet page 1 of 2

Grades 4-5

Vision Quest

Note to teachers: Students will benefit from working with a partner on exercises 1 and 2; visiting the school library or using the Internet on exercise 3; and interviewing parents, teachers, coach, school nurse or librarian on exercise 4.

You've heard the saying, **"A picture is worth a thousand words."** It's true and you can prove it to yourself! Our precious gift of sight is a wonderful shortcut for absorbing massive amounts of information in a quick glance that would take minutes, sometimes hours, to convey through words. Try these two exercises with a partner.

1. Using a watch or clock, have your partner time you while you look out of a window for 60 seconds. Don't begin looking out until you partner tells you to start, and turn away immediately when instructed to stop. Then, in the space below, list all of the things that you remember seeing in that 60 second interval. Consider how much longer it takes to write what you saw rather than reflect on its visual image in your mind. Change places and let your partner try this exercise as well.

In 60 seconds, I saw . . .

2. Open a book to a page with a photo or a simple drawing. Without showing your partner the page, describe the picture you see and ask your partner to draw it according to your description. Use words only; do not use your hands to indicate size, placement or to provide other clues. Be sure your description has plenty of details so that your partner can make an accurate drawing. When he or she is finished, compare the drawing with the original illustration. Change places, and let your partner find a picture and practice using words to create a visual image for you to draw.

My word-based illustration is . . .

Note to parents: The best way to diagnose and treat many childhood eye and visual conditions is to obtain a comprehensive eye examination in addition to any school-provided visual screenings. The South Dakota Optometric society recommends families obtain eye examinations every year for students age 6 through 18.



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Become an informational private eye! Even if you've never experienced the world without your vision, you can learn more about the challenges that blindness and significant loss of vision present to others and the many ways you can protect the health and safety of your eyes by reading and researching in your school library and talking with adults. The next two exercises will require you to become an informational detective! Prepare your answers and be ready to report your findings to your class.

3. People who experience blindness or significant loss of vision must learn to adapt to the world by relying more heavily on their other senses (touch, hearing, taste and smell) or maximizing their remaining vision. Ask your school librarian to help you research (in reference books or on the Internet) at least one method or device used by the blind or those with low vision. Name the method or device below, describe how it benefits the user and draw a small picture to help others comprehend how it is used. (Topics you may want to research include: Braille, guide dogs, reading telescopes, hand held magnifiers, and computers and video monitors that project enlarged images of printed materials).

My method or device

Who and how it helps

My illustration

4. Eye health and safety is the key to protecting the health of your eyes. One of the best ways to safeguard your eyes and to ensure you are seeing your best is to visit your doctor of optometry each year for an eye examination. Ask your parents, teachers, coach or school nurse to help you name two other things you can DO to protect the health of your eyes and keep them safe from harm.

DO _____

DO _____

DO visit the eye doctor once a year for an eye examination!