EXERCISE FOR CHILDREN WHO ARE BLIND @ HOME

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EXERCISES

- For strength training: squats by sitting and standing from a chair, lifting water jugs, pushing boxes.
- For balance and coordination: standing with one foot while holding on to a chair, dancing to favorite music, walking on uneven surface.
- For stamina: walking and running inside or at your backyard, going up and down the stairs, deep breathing exercises.
- For flexibility: reach for your toes, forward bend and side bends, wrist extensors, yoga poses.

BENEFITS

- Overall fitness and health.
- Build self-confidence to participate in activities at home and the community.
- Learn social skills like turn taking, getting along with people, and following directions.
- Strengthen mental health by building self-determination, resilience, and reduced stress.
- Create a lifetime of healthy habits.
- Improve behavior, attention, and sleep.

Peer reviewed by Perkins Adapted Physical Education Teachers: Maebh Barry, Matt LaCortiglia, Kelsey Linsenbigler, Megan O’Connell-Copp, and Tracey Polimeno.

MATERIALS

- Yoga mat: to define physical space, provide cushion and grip.
- Guide wire or rope: to allow independent walking or running.
- Tactile markers: to guide towards buttons in an exercise machine.
- Hand towel or short rope: to hold on to when running with a guide.
- Water jugs with handles: to grip during weight lifting.
- Tape or strips of textured materials: to create placement markers during exercise.
- Timer: to set the beginning and ending of each set of exercise.

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Build up to 20 minutes of exercise time in your child’s daily schedule for 4 times a week.

Create a tactile exercise schedule for your child to understand the sequence of the exercise routine.

Include a warm up activity such as dancing to a favorite music or play a Simon Says game.

Encourage choice making by giving 2-3 choices of exercise activities to do each session.

Include a cool down activity such as stretching, giving a massage, and listening to calming music.

Provide verbal directions and physical modeling for proper positioning.

Turn exercise activities into games for fun and motivation.

Be encouraging by giving clear positive feedback, for example, “Good job holding your head up!”

Create a list of things to encourage your child during and after exercise.

Invite family members and friends to exercise with your child.

Keep the exercise area safe and tell the child when something is coming in their path.