**Sensory Awareness Activity**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Materials Needed:**

1. Heavy plastic sandwich bag
2. Pair of vinyl gloves
3. Piece of yellow cellophane or vinyl
4. Piece of phone book, newspaper, or map
5. Small button
6. Needle and thread
7. Piece of rough sandpaper
8. Handful of split peas
9. Pieces of white, light yellow, blue, and green paper

**Vision**

1. Heavy plastic sandwich bag
   1. Remove any contents from the sandwich bag
   2. Look through the sandwich bag (two layers of plastic). This represents 20/60 vision and one is still legally able to drive during the day
   3. While looking through the sandwich bag, try reading the phonebook, a map, and a newspaper. Fold the sandwich bag in half (four layers of plastic) and try to do the same action. This represents being legally blind.
2. Yellow cellophane or vinyl
   1. Look through a single sheet of yellow cellophane of vinyl. This represents yellowing that occurs with the lens of the eye.
   2. While looking through the yellow cellophane or vinyl, look at the colored pieces of paper (white and yellow, blue and green). This demonstrates the difficulty encountered by older adults in distinguishing some colors from one another. This is why we need to avoid instructions such as, “Take the yellow pill in the morning and the white one at night”.
3. Sandwich bag and yellow cellophane together
   1. Now look through both the sandwich bag and the single layer or yellow material. Look at the phonebook, map, and newspaper. Notice the difficulty a person might face viewing these items.

**Touch**

1. Vinyl gloves
   1. Put on the vinyl gloves and pick up the sandpaper. Notice the diminished sensation you have. This stimulates peripheral neuropathy.
   2. While you have the gloves on, try picking up the button and try threading the needle. While doing this, imagine you also have vision difficulties.
2. Handful of split peas
   1. Place several dried split peas in the sole of each shoe and walk around. This stimulates pain and loss of balance associated with bunions and corns.

Adapted from: <http://www.olderadultfocus.org/Awareness/awkit.htm>