Motor Activities to Encourage Tactual Readiness & Pre-Braille Skills

GRASP

Palmar
- squeezing toys
- squeezing play dough/clay
- taking objects out of containers
- drawing
- picking up jacks
- sanding
- using a cookie cutter
- using a hole puncher
- putting pop beads together

With thumb and finger
- stringing beads
- holding paper for cutting
- using crayons/pencil/paintbrush
- using glue sticks for art projects
- pinching play dough/clay
- using pegboards
- building towers with blocks
- picking up jacks
- painting with paintbrush
- turning pages of a book
- picking up small beads/objects with tweezers
- paper weaving
- putting shapes into a shape sorter
- sorting paper clips, red hots, goldfish crackers
- buttoning, zipping and snapping - on own body

Pincer
- popping bubble wrap
- picking up small objects

- tying bows
- using pushpins
- sewing cards
- stringing beads
- putting pegs in pegboards
- using geoboard
- putting clothespins on edges of cans or jars
- using an eyedropper
- turning knobs on a wind-up toy
- putting coins through a small slot

Release
- giving an object on request
- stacking activities - cans, blocks, nesting cups
- sorting activities
- placing objects in containers
- the release that is necessary to complete the activities in the "grasp" section

ROTARY MOTION
(takes place from wrist with stable arm)
- assembling nuts and bolts
- using twist ties
- turning volume knobs on radio & TV
- manipulating lids on and off of jars/tubes
- mixing food in bowl
- turning knobs on water fountains or sinks
- using wind-up toys, busy boxes, music boxes
- turning doorknobs

- scooping sand, gravel, dried beans
- finger painting
- finding objects hidden in sand, dried beans
- unwrapping individually wrapped candy
- pouring from one container to another

FINGER ISOLATION
- making fingerprints in play dough/clay
- pushing buttons on tape recorder
- pushing buttons on blender and other appliances
- playing musical instruments
- turn dial on toy phone
- pushing push-pins into cork
- tracing around stencils with fingertip

BILATERAL HAND USE
- stringing beads
- pulling tape off roll
- tearing paper
- twisting lids on and off
- cutting paper
- using a hole puncher
- sanding
- using a ruler to make lines
- holding container with one hand/placing object in with other
- stabilizing toy with one hand/using other to play with toy

HAND AND FINGER STRENGTH
- crumpling paper
- placing clothespins on edges of cans or jars
- stretching rubber bands
- manipulating play dough
- squeezing glue bottles
- using stapler held in hand
- using stapler by pushing
- using rolling pin
- using a hole puncher
- hammering
- pushing together and pulling apart pop-beads
- pushing together and pulling apart bristle blocks
- squeezing Nerf balls
- sponge painting

- pushing together and pulling apart pop-beads
- finger painting
- rolling "snakes" and "balls" with play dough/clay
- attaching paper clips to paper
- tracing around an object/stencil
- holding paper with one hand and stapling with other
- stabilizing bowl while stirring
Teach yourself to sight read basic braille

Crack the Code

Crack the Code

Puzzles with a purpose

All you need is a pencil
Learning braille

Braille is a system of raised symbols, which some people who are blind or partially-sighted learn to read with their fingertips. The words in braille go from left to right across the page, just like printed words.

Some people become very fast at reading braille and are able to read long books, such as Harry Potter. Other people just use braille for labelling, or for writing notes. For some children who are blind or partially-sighted, braille is the very best way to learn to read.

When sighted people look at a page of braille they see a mass of dots and it is hard to imagine ever reading it - by sight or by touch. But once you know what you are looking for it becomes much easier.

What is grade 1 braille?

There are two grades of braille. Grade 1 (also called ‘uncontracted braille’) is a straightforward code with one symbol for each letter of the alphabet, plus a few extra symbols for punctuation and numbers.

Grade 2 (‘contracted braille’) uses the same symbols for the letters of the alphabet but it has lots of extra signs for common words and combinations of letters. Grade 2 braille is quicker to read but takes longer to learn.
How do the dots work?

The symbols which represent each letter are made up of between one and six dots, based on the pattern of the six dots you would see on a dice or a domino.

Each dot can be referred to by number. On a Perkins brailler the keys correspond to the individual dots as shown below.

1 4
2 5
3 6

If you are able to spend an hour or two with this puzzle book you will find, by the end, you can read a whole page of basic ‘grade 1’ braille with very little difficulty.
The Alphabet

1. Use a pencil or pen to copy the dots which make up the letters:

```
A B C D E F G
...
``` 

2. Here are the letters A-G again - but one letter is repeated. Which one?

```
...
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3. Can you match the following words in print and braille?

```
cage  bead  face  age
```
4 Can you read these sentences?

• bought him an Arsenal.
• He her to get into the.
• She met him at an Internet.

5 Fill in the missing word - in braille!

• Delia Smith will teach you how to boil an

• Burgers are usually made from minced

• In card games, the highest (and lowest) scoring card is an

• David Beckham is Brooklyn Beckham’s

Finished this page? Congratulations - you have learned over a quarter of the alphabet!
You have learned these letters:

A B C D E F G

Now here are six more:

H I J K L M

6 Copy the dots which make up the letters:

H I J K L M

7 Find the opposites of these print words:

white low alive
her valley toe healthy

black high him
When Michael Hill was found dead in Ed’s Downtown Diner in Miami we did not know who to blame. Mike was no saint. He had blackmailed his brother Jake and made his sister Gail lend money which he gambled away. He made a fake insurance claim and was jailed in Gambia.
he lied to his old dad, his marriage to Kim failed, and on one occasion he even hijacked a plane from Adelaide to Bali. Many people wanted to kill him. But who did the deed? Ed did!

And that’s half the alphabet ............
You have learned these letters:

A B C D E F G

H I J K L M

Now here are seven more:

N O P Q R S T

9 Copy the dots which make up the letters:

N O P Q R S T

10 Find the shops!

TESCO ICERLAND BOOTS

MONSOON LIDL HARRARDS

HOMEBASE TOPSHOP
11 Take another good look at the new letters. Now try to remember them and fill them in the spaces below:

N O P Q R S T

12 Wordsearch

Write these drinks in braille.

soda  beer  lager

12345678901234567890123456789012345678901234567890

tea  cola  port

Now find them in the box below, written across or down. Can you find one more drink in the box?
Before we look at the last six letters, it is time to look at some punctuation. Unlike the letters of the alphabet, punctuation does not use either of the top dots.

Here is a braille full stop. Copy it here

We also need a comma, Copy it here

an exclamation mark! Copy it here

and a question mark? Copy it here

13 Fill in the braille punctuation in the following sentences:

I stopped at the shop to get eggs, cheese, milk and bread. Had I forgotten something important? Nappies? Soap? Potatoes? I know! Chocolate!

I stopped at the shop.

I got eggs, cheese.

I got milk and bread.
Braille produced for children usually shows which letters are capitals by putting a capital sign in front of them.

In this way, young braille users learn how to use capital letters themselves.

The sign to show a capital is like this: ☂

The capital sign appears at the start of every sentence, at the beginning of names and wherever else you would find a capital letter in print.

14 Read these words and find the odd one out!

Birmingham
Perth
Cardiff
Leeds
15 Fill in the names of famous people - not forgetting the capital sign. (Make up a name if you don’t know the answer!)

Oliver (chef)

Mandela (statesman)

Obama (US President)

Cruise (US actor)

Widdecombe (politician)

Harry (boy wizard)
Now for the last six letters. You have already learned these:

A B C D E F G

H I J K L M

N O P Q R S T

Now here are the last six:

U V W X Y Z

16 Copy the dots which make up the letters:

U V W X Y Z

17 Write your first name here (with a capital sign):

° ° ° ° ° ° ° ° ° ° °
Write your child’s name here:

Where do you live?

18  Circle your birthday month:

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December
19 The missing words all start with the same letter:

- People waiting in line is called a
- A competition with questions is a
- Where boats tie up is called a

20 Now here’s a joke:

- Doctor, doctor, every time I stand up quick, I see Mickey Mouse and Donald Duck and Goofy.
Tell me, how long have you been having these Disney spells?

Two more bits of punctuation . . .

In print, what people say is put in speech marks “like this.”

In braille, speech starts with this sign 

and ends with this one 

21 Copy out this braille sentence, with punctuation.

“Women,” he said, “like sunbathing.”

“Women,” he said, “like sunbathing.”
Now add the punctuation to this sentence:

You say “hello” and I say “goodbye.”

You might also need to recognise the apostrophe, which looks like this.

For example: It’s very warm in Zoe’s flat.
And here’s a funny story for you!

A husband and wife were going out for the evening. The last thing they did was to put the cat out.

The taxi arrived, and the couple walked out of the house. The cat shot back in.

So the husband went back inside to chase it out.

The wife, not wanting to be left out.
It was known that the house would be empty, explained to the taxi driver. He’s just going upstairs to say goodbye to my mother.

A few minutes later, the husband got into the taxi and said, I’m sorry, I took so long, the stupid thing was hiding.

There was hiding.
Under the bed and she had to poke her with a coat hanger to get her to come out.

**Numbers**

Lastly, you need to know a few numbers.

With the clever use of a number sign like this :: in front of them, the letters A to J become numbers - like this:

```
1  2  3  4  5
:: :: :: :: ::
6  7  8  9  0
:: :: :: :: ::
```
And longer numbers just need one number sign at the beginning:

10  11  12

20  100  2009

24  Fill in the missing numbers

For the emergency services dial

The Prime Minister lives at Downing Street.

James Bond is agent

Most men retire at age
25 The winning lottery numbers are 5 17 26 38 49.

Which of these numbers wasn’t a winning number?

CONGRATULATIONS!

You have cracked the code!
Here’s a bit more reading practice. The second part of the story looks more like embossed braille - the kind you will find in real braille books.

This is the true story of a man who woke at 2 in the morning and realised that thieves were breaking into his garage.

He immediately phoned the police who asked was someone in your house?

George said "no" and explained the situation. Then they told him all patrols were busy but an officer should be there than available.
George said, hung up, counted to 8 and phoned the police again.

"Hello, Sir, just shot all the people burgling my garage," he told them and he hung up.

Within 20 minutes a squad car and an armed response unit and an ambulance showed up.

Of course, the police caught the burglars red handed.
One of the policemen said to George, "I thought you said that you'd shot them."

George said, "I thought you said there was nobody available."

The end
For more information about braille and a range of braille courses for visually-impaired and sighted adults and children, please contact the RNIB: 0845 766 9999
www.rnib.org.uk
Lessons for Beginners Using Screen Readers

Submitted by Sharon@TSBVI on Mon, 2015-10-05 06:25
JAWS
NVDA (Non-Visual Desktop Access)
WindowEyes

When I teach a new student to use screen reading software, I always teach the Windows shortcut keys first because they are the same no matter what screen reading software is used. You can perform most needed tasks on your computer using only Windows shortcut keys. The screen reading software shortcut keys when the student is proficient with the Windows shortcut keys.

Remember you only need to teach the shortcut keys needed to complete the lesson. You are not teaching the concept of shortcut keys but how to use them to complete a task on the computer. Below, find the resources I use for looking up shortcut keys. There are way too many to imagine ever memorizing!

Shortcutworld.com
http://www.shortcutworld.com/
ShortcutWorld.com is an open, wiki-style Reference Database for Keyboard Shortcuts

Windows Keyboard Shortcuts Overview
http://bit.ly/1BjGAuP
Use shortcut keys as an alternative to the mouse when working in Windows. You can open, close, and navigate the Start menu, desktop, menus, dialog boxes, and Web pages using keyboard shortcuts. Keyboard shortcuts may also make it easier for you to interact with your computer.

Computer Hope
http://www.computerhope.com/tips/tip79.htm
Top 10 keyboard shortcuts everyone should know.

Sample Lessons
I use silly poems to teach some of the navigation shortcut keys for a word processor first. With the poem I would teach the student how to navigate using the arrow keys, the arrow keys with the Ctrl key, top of document and bottom of document. When the student reads the poem I ask them a few questions about the poem and if they can’t answer I have them go to the top of the document to read the poem again. This process sometimes requires repeated reading. This poem is one of my favorites.

Excerpt from Homework! Oh! Homework!
From Jack Prelutsky’s (1984) The New Kid on the Block

I’d rather take baths
with a man-eating shark,
or wrestle a lion
alone in the dark,
eat spinach and liver,
pet ten porcupines,
than tackle the homework,
my teacher assigns.

**Formatting!**
The next lessons I teach require the student to reformat a document by selecting words, titles and numbers to change. The hardest part of this lesson is to have the student select the word, number or title by using CTRL with the right or left arrow keys (characters) or CTRL + Shift with the right and left arrow keys (words). For future lessons you can change the sentences or maybe use a recipe to reformat, the choices are endless.

Directions: Find the “numbers” in each sentence, select them and make them bold.
The summer of 2011 was the hottest in Texas' history.
Temperatures soared higher than 100 degrees for more than 90 days out of June, July, and August.
The lowest temperature recorded in Austin for August 2011 was 71 degree on August 30.

Directions: Find the titles of books and movies in these sentences. Change the titles to italics.
Harry Potter and the Deathly Hallows sold more than eleven million copies in the first twenty-four hours following its release.
My favorite movie is Lord of the Rings, but my sister likes Sleepless in Seattle better.
Treasure Island, by Robert Louis Stevenson, is a book about pirates.

Directions: Read each sentence carefully. Underline the correct verb in parentheses.
Jason (brought, brang) his laptop to school.
Danny (gived, gave) his outgrown bicycle to his brother.
Edna quickly (wiping, wiped) up the spilled milk.

So remember if you start with Windows shortcut keys you can practice on your own laptop unless you use a Mac, then you will need to borrow a computer. These Windows shortcut keys have be around since 1992 with the miracle that was Windows 3.1 and they just get better with new shortcut keys added and new versions of Windows.