

Learning All The Time



In school I learn a lot of different things.



My teacher is Mrs. Veronica. She helps me learn all kinds of things like reading, counting and writing.



**I take so many cool
classes.**



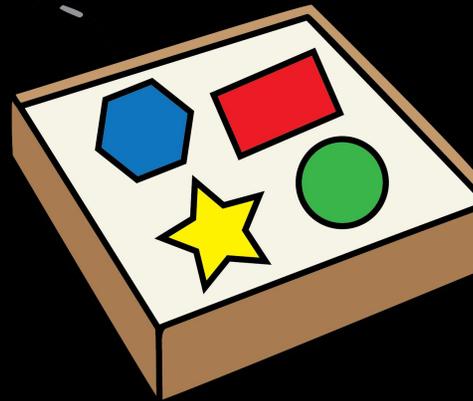
One class is called Vision class. My vision teacher is Miss Pam. She helps me learn how to look at things very carefully.



Sometimes I have a hard time seeing things. If I can't see something very well, my teachers make it bigger for me. Miss Pam is teaching me how to use a magnifier.



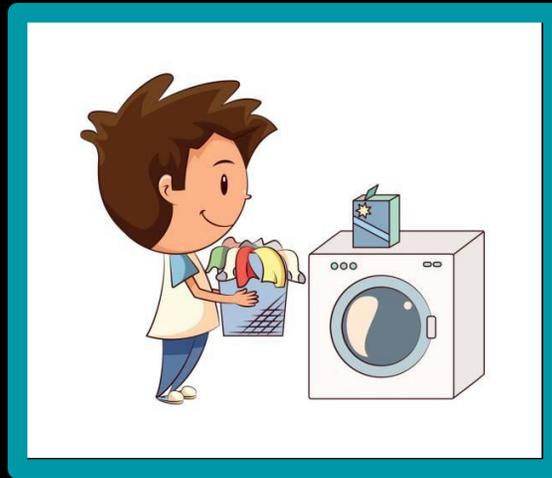
Some things I am so good at that I don't even need to look at them!



It can be fun to sort things by feeling them with my hands.



At home I can help mom sort all kinds of things. I can help her put the forks and spoons away. I can help mom match socks and help put laundry away.



Another cool class I take is orientation and mobility. We just call it mobility for short.



Miss Jill is my mobility instructor. I am learning to use a cane. But it's not like a candy cane that you eat.



My cane helps me find things on the ground that I might not be able to see. If my cane finds something first I won't trip on it. Usually..



Sometimes I might bonk into something. But I am very strong so I just get back on track and keep going.



Miss Heidi is my physical therapist. She helps me get strong so I can walk all my routes. Miss Janet is my occupational therapist. She helps my hands get strong so I am very good at holding my cane.



In school I walk to many different rooms. I know how to get to almost every room in school. I walk to gym, the cafeteria, speech, OT/PT, vision, the office and my classroom.



**When I use my cane I sweep it in front of me.
That's called constant contact.**



I don't always use the cane though. I don't need it in class. I sometimes use hand trailing to get around. That means I touch the back of my hand loosely to the wall as I walk. I have to keep my fingers relaxed and pointed down so they don't get caught on anything.



Another way I sometimes get around is called sighted guide. That's when I take someone's wrist or elbow and walk with them. I can practice sighted guide at home with mom! I will teach mom the sighted guide song!



At home I can practice lots of things. Left, right, stop, go, up and down. Those are called concepts. I know most of them but I can keep practicing at home too. Red light green light is loads of fun on a walk.



School is great but there are lots and lots of things to learn every day no matter where I am!



The End!