Feeling Your Way

Feeling With Your Feet – The Millipede Walk

Overview: Students recognize that sense of touch involves more than just their fingertips as you lead them blindfolded across the yard while they are feeling textures with their feet.

Materials: 1 blindfold /student, Long rope approximately 25 -30 feet (optional)

Time: 10 – 15 minutes

Action:

• Students form a line for this blind walk and tie on bandanas bandit-style with a point falling down over their noses so they can't see the ground.

• Use the Millipede–style walk with children placing both hands on the shoulders of the person in front of them.

• Assure them you will lead them slowly around the schoolyard and will keep them safe by warning them of anything like a step that might cause them to trip.

• The students are challenged to use sense of touch through their feet to determine where they are walking on varying textures. (Concrete, grass, artificial turf, mulch.) Did their sense of touch give other clues about the path traveled?

• Another technique for older students or for social distancing is to provide a long rope that all hold onto with one hand as you slowly lead the rope.

Vocabulary: Build the word bank with textural terms such as hard, soft, spongy, flat, inclined, irregular surface. Do they notice and describe the sound of their feet on the different surfaces? How did it feel to observe without using sense of sight?

Management Strategies: This activity can be a fun challenge for students, but some may be apprehensive about not being able to see where they are walking. Be sure to address any fears in the beginning. If a student does not want to be blindfolded, let them be observers or walk with you at the front of the line.

For younger students, ask them to identify textures underfoot as they are walking. For older students, ask them at the conclusion of the walk to identify the route where you led them. Be sure to include grass, sidewalks, sunny and shady areas. Walking barefoot builds spatial awareness and improves balance in very young students and students with special needs.