



**DOBELES MĀCIBU CENTRS
DOBELE
LATVIA**



WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO...

Sometimes blind people themselves facilitate to their exclusion from the society due to uncertainty and lack of confidence in their own abilities and skills. Amazing results can be achieved through encouraging, teaching and supporting the blind ones. Blind and visually impaired people all over the world are able to live alone, get involved and take active participation in various activities, they are even able to run companies and taking leading positions in different organization. Their involvement in different games might help in building their self confidence and encouraging these people to take initiative. Initially the games should be simple and easily understandable to everybody, the ones not requiring special effort, however, making people think, do, and get involved. Gradually they could become more complex, thus contributing to the development of the skills of visually impaired people. Active participation in games connected with food and cooking help people to:

- become more open and cooperative;
- share experience;
- apply such senses as taste, touch, smell;
- develop mental abilities;
- show his merits, strengths;
- reduce feeling of loneliness and isolation from society;
- learn to rely and trust other people;
- increase their self-esteem;
- Improve their wellbeing and desire to participate in various activities.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

Every five participants should need at least one trainer.

Different types of fruit and vegetables. Kitchen equipment, utensils etc., a table, a cooker.

No time limit, as blind and visually impaired people need more time to do simple things. Any time of day would suit.

POSSIBLE OBSTACLES

Reluctance to get involved in activities and organized games.

Trainers might lack competence in working with blind people.

More time needed to carry out the specified tasks.

ILLUSTRATION

