Vision Loss Simulation

Instructions

In this exercise, vision loss is simulated with a blindfold. Hearing loss is not simulated, but we ask you to do the simulation in a quiet environment.

Please note:
The purpose of this simulation is not to create an experience of what it is like to be deaf-blind. As a sighted person, you have visual memories to draw on that are connected with concepts, vocabulary, and language. A student born with low vision or blindness does not have the visual sensory information that you have gleaned throughout your life.

Equipment needed:
A blindfold that will keep the light out.

Amount of time required:
30 minutes total (including the time it takes to respond to questions listed in your intervener journal).

Process:

1. Find a quiet location.
2. Sit in a chair that is like one you might find in a school (not a couch or recliner).
3. Set a timer for 10 minutes.
4. Blindfold yourself and wait for the timer to go off.
5. For 10 minutes, sit in the chair. Don’t talk or listen to others talk. Don’t listen to music. Don’t get up or fidget with tasks or objects. Just sit.

When you are finished:
Open your intervener journal and respond to the questions listed under the heading “Inquiry Challenge Questions – Simulation.”