

# BLINDFOLD

## INTRODUCTION

In the Montessori environment, we usually cut off visual senses, especially for the activities involving tactile sense. This is because, we rely largely on our visual sense, and when it is cut off, we concentrate more on other senses, (tactile sense in this case) . Dr. Montessori says when the visual sense is cut off, the focus is completely on the sense of touch and this further helps refine our senses. It also sharpens, and improves our focus. The more we concentrate, the more information we get. So, in order to cut off the visual sense, we provide blindfolds to the children in the environment.

## POINTS TO REMEMBER

1. Blindfolds must be clean and washed regularly
2. They must be maintained beautifully and with love and care.
3. It must be child sized with some variety in sizes that are adjustable as children's head differs in size
4. It should be attractive and beautiful with different variety. They can have decorations like tassels, bells, ties etc. There shouldn't be a lot going on, it can be simple or it becomes distracting.
5. There must be variety in order to give children freedom of choice. Choosing is essential for children; it is an expression of freedom.
6. To ensure that the children are independent, the fastenings should be easy to open and wear. For ex: Velcro, buttons, elastic, ribbons etc.
7. It has to be thick, durable, and not transparent.
8. Blindfolds are neatly and beautifully stacked in a basket. They must be neatly folded and beautifully displayed.
9. We can have a small amount of blindfolds with variety.
10. We can also have a tissue box which we can line with the blindfold before wearing it, if concerned about infections etc.

**NOTE:** How to wear and remove blindfolds can be introduced to children as a grace and courtesy activity when they come into the environment at 2 ½ years. This is to get them prepared and get comfortable to wear and take them off. Children don't like to be blindfolded;

## BLINDFOLD

some may be scared too, so we should never force them. Preparation is key. We can blindfold them only with their consent.

