

LET'S ADD  
**More**  **Good**  
TO THE WORLD

## Individual or Chapter/Group Service Activities

**Audience:** Individuals or Chapter/Groups

**Recipient Audience:** Guide dog organizations

**Activity:** Tug Toys for Guide Dogs

**Planning Details:**

- **Before making tug toys,** be sure to contact a guide dog center in your area to confirm that the toys can be used, how many they'd like, and any restrictions they may have for the type of material used for the tug toy.
- **Budget and Materials:** Have everyone bring at least one t-shirt that can be donated for this project. They are re-purposed to benefit teething puppies and to those they will serve. Priceless!
- The puppies who play with these tug toys will be trained as guide dogs and will live a fulfilling life of service supporting members of the blind or visually impaired community.

**Instructions:**

1. Lay the shirt neatly on a flat surface with the front facing up. Using scissors, make small 1 to 2-inch slits through the bottom seam. You'll cut through both layers of the t-shirt.



2. Cut or gently rip each strip upward towards the top of the shirt, stopping right below the shirt's armpit. Your shirt will look like it has a long fringe or tassels. Gently pull each strip so the cut edges curl over. Trim them from the top of the shirt.



3. To make ties for your toy from the remaining fabric, cut about 2-inches of the cuff or seam end off each sleeve, and then cut the circle of fabric to make a short strip. You'll need two ties (one shirt) for each toy you plan on making.



4. Repeat the steps above until you've gathered strips of fabric. You may want to use more strips than one t-shirt to create a thicker toy.



5. Gather your short or long fabric strips together in a bundle.



- Using a fabric sleeve strip, tie the bundle together a few inches from the end and double knot to secure.



- Divide the bundled strips into 3 equal sections and braid them tightly together, stopping a few inches from the end.



8. Using another short fabric strip, tie and knot the ends of the braid. Trim the tassels and that's it. One teething or tug toy ready for action!



**Audience:** Individuals or Chapter/Groups

**Recipient Audience:** Guide dog organizations

**Activity:** Fleece Dog Blankets

**Planning Details:**

- **Before making tug toys**, be sure to contact a guide dog center in your area to confirm that the blankets can be used, how many they'd like, what size they'd like and any restrictions they may have for the type of material used for blankets.
- These no-sew, no knotting, blankets are easy to make and can provide comfort for guide/service dogs.
- Materials: All that is needed is fleece in 2 colors and sharp fabric scissors.
  - Small dog blanket – 1 yard of each color
  - Medium dog blanket – 1.25 yard of each color
  - Large dog blanket – 1.5 yard of each color
- Your budget will depend on the number of blankets you plan to make.

**Instructions:**

1. Lay out the fleece in a single layer of each color; wrong sides together.
2. Cut out 3-inch squares from each corner
3. Make 1.5-inch-wide cuts along the edges all around; each cut about 3 inches deep. This creates the fringe.
4. Fold the 2 fringe cuts up and cut a notch in the fold; then weave the top piece through the hole in the bottom piece. Repeat that process, top piece through the hole in the bottom piece, 2 more times for each fringe section. Do the same for every fringe pair all around the blanket.

Review this video to see the simple process in action.

[https://www.youtube.com/watch?v=Xuf3F\\_2VE8M](https://www.youtube.com/watch?v=Xuf3F_2VE8M)

**Audience:** Individuals or Chapter/Groups

**Recipient audience:** Children who are blind or have low vision

**Activity:** Create tactile items for individuals or organizations to use

### **Planning Details & Instructions:**

- **Before making any of these crafts,** be sure to contact a local Service for Sight organization that serves children in your area to confirm that the crafts can be used, how many they'd like, and any restrictions they may have for the type of materials used (i.e., no food items should be included in the crafts due to potential allergies or small pieces that could be a choking hazard to small children).
- The goal of this project is to encourage and support individuals and groups to get involved with local organizations. This is intended to help build tactile activities like Easter Eggs or accessible readings, or even showing support through tactile cards. This can be a fun chapter project or can be done at an individual time.

### **Tactile cards for upcoming holidays:**

- **Supplies needed:** construction paper, puffy paint, pipe cleaners, beads, anything that is 3-D enough to be able to identify through touch
- Base these cards of support around an upcoming holiday, or just to say hello. Creativity is all yours!

### **Tactile children's books:**

- Here is an instructional video: <https://www.youtube.com/watch?v=dspxjOO6GGk>
- **Supplies needed:** holiday garland, Easter grass, curling ribbon to create water, wet potting soil, tanbark, sticks, shaving cream, small pebbles, stuffed bear
- Here is another video sharing templates for a tactile book: <https://www.youtube.com/watch?v=Xjobl6jPXj4>
- **Supplies needed:** felt fabric, string, ribbon

### **Tactile eggs:**

- Here is the link with the ideas! <https://www.wonderbaby.org/articles/best-tactile-easter-crafts-internet>
- **Supplies needed:** glue, glue gun, Mod Podge, fabric or puffy paint, tissue paper, pipe cleaners, stickers, plastic easter eggs
- Examples are on the following page.

**Examples:**



String egg - use embroidery floss and Mod Podge to create a stringy texture. Roll the egg in Mod Podge and loosely wrap the floss around



Clay egg - using foam clay, it will dry quick and let you design how you want



Jewel egg - decorate the eggs with stick on jewels





Pom pom egg - use soft pom poms to surround the egg



Sequined egg - instead of glitter use sequins! spread the sequins out on a plate, covered the eggs in glue, then rolled them through the sequins



Fabric paint egg - use either fabric or puffy paint to create a 3D effect. These paints are a super easy way to add raised lines or other tactile elements to pretty much any material, including things like school supplies, name tags, etc. You can even use fabric paint to create braille! Also found glow in the dark fabric paint for kids with light perception.



Button egg - glue all shapes and size buttons around the egg



Pinata egg - all you need is a long thin piece of tissue paper with one side cut into strips. Glue the tissue paper in layers to your egg starting from the bottom and working your way up to the top. If you want to burst it open like a real piñata, be sure to fill it with candy first



Foil wrapped egg - use double sided tape to attach crumpled foil paper



Pipe cleaner egg - use hot glue to attach pipe cleaners around the whole egg

**Audience:** Individuals or Chapter/Groups

**Recipient audience:** Young children prek-6th grade

**Activity:** Read to younger children sight-related books and do an activity related to the book or sight

### **Planning Details & Instructions:**

Project Goal: The goal of this project is to educate young children about good eye health and provide positive reinforcement for vision-related issues such as wearing glasses. We encourage you to think of this opportunity as a fun chapter project, not just reading to children, so including activities such as coloring sheets, plastic eyeglasses decoration, creating bookmarks of animals with glasses, etc.

Free books are available through a grant with Prevent Blindness. These books are first come first serve. Complete the registration form here:

<https://forms.gle/qM65aPvWkzqf7Toq5>

### **Steps for this project:**

1. Identify which children's facility (examples: school/daycare/Head Start program) to reach out to use as event site. An alternative to purchasing books could be to partner with the local library children's reading time and volunteer as a guest reader of an eye-sight-related book.
2. Reach out to the children's facility about this opportunity to read and interact with their students. When working with the facility determine things like date, time, location, how many students will be in attendance and format (virtual or in-person).
3. Plan activities during the project:
  - Which book(s) will be read? Below is a list of suggested books in English and Spanish:

#### **English:**

*Yuko-chan and the Daruma Doll: The Adventure of a Blind Japanese Girl Who Saves Her Village* by Sunny Seki (age 4-8)

*Through Grandpa's Eyes* by Patricia MacLachlan (age 3-6)

*I Am Not A Chair* by Ross Burach (age 3-6)

*The Black Book of Colors* by Menena Cottin (age 3-6)

*Jacob's Eye Patch* by Beth Kobliner Shaw and Jacob Shaw (age 3-6)

*Looking Out for Sarah* by Glenna Lang (age 4-8)

*Linus Gets Glasses* by Charles Schulz (age 5-7)

*Princess Who Wore Glasses* by Laura Hertzfield Katz (age 4-8)

*The Patch* by Justina Chen Headley (age 3-6)

*Kylie's Eye Check* by Wendy Hall (age 6-8)

*Arthur's Eyes* by Marc Brown (age 4-8)

*The Nearsighted Giraffe* by A.H. Benjamin (age 4-8)

*Grady Gets Glasses* by Dede Rittman (age 5-6)

*Henry's New Glasses* by Katie Specht (age 4-8)  
*Suzie's New Glasses* by Sonya Connor (age 4-8)  
*What Can Pinky See* by Lucy Cousins (age 1-3)  
*I Can See Just Fine* by Eric Barclay (age 3-5)  
*Fancy Nancy and the Spectacular Glasses* by Jane O'Connor (age 3-8)  
*Princess Peepers* by Pam Calvert (age 2-5)  
*I Wish I had Glasses Like Rosa* by Kathryn Heling (age 9-12)  
*Rosie's Glasses* by Save Whamond (age 3-7)  
*The Eye Book* by Dr. Seuss by Theo LeSieg (age 1-3)

**Spanish:**

*Las Gafas de Guille* by Bellen Pineiro (age 5-6)  
*Jaime Y Las Gafas Magicas* by Gay Talese (age 3-6)  
*Unas Gafas Para Rafa* by Ismael Yasmeeen (age 8-12)

- Which activities will be done with the children after reading the book(s)?
  - The National Eye Institute has some resources for kids [here](#).
  - Coloring sheets that could be used as puffy paint pages for exposure (chapter members make the puffy paint outline ahead of time) or just regular coloring activities found [here](#) and [here](#) (or have artistic sisters create one related to the book you will be reading).
  - Bookmarker coloring sheet (cut into 3 separate bookmarkers for the children to decorate) found [here](#).
  - Four different lesson plans with activities to do with children related to eye health found [here](#).
  - Purchase [fun plastic eyeglasses](#) and bring supplies (glue, feathers, sequins, sticky jewels, etc) to decorate the glasses with the children to make glasses fun.
  
- 4. Gather supplies for activities and promote/share plans for service activities with chapter/group members to make plans to join.
  - Communicate with children's facilities final detail confirmation, also asking about photo waivers (if the school has them) and if pictures can be taken of the children during the service project. If not, take pictures only of sisters.
  - Host the service project and tag Delta Gamma Foundation and use #DoGoodWeek2024 tag on your social media posts.
  - If this project is part of the Prevent Blindness free books group, don't forget to complete the post-event collection form; make sure to leave the book(s) with the facility so they will have it as a part of their book library).

# Individual Activities

**Audience:** Individuals

**Recipient Audience:** People who are blind or have low vision, specifically those who enjoy learning, books, and historical documents

**Activity:** Translate books into audio using the free Librivox platform or transcribe historical documents to make them more accessible

## Planning Details & Instructions:

Project Goal: To provide a wider range of free, easily accessible audio reading materials to members of the blind and visually impaired community on a simple virtual platform and to transcribe historical documents so they are word-searchable and readable by assistive technologies.

- **Materials for Audio Recordings:** Your voice, a computer with microphone capabilities or an inexpensive USB microphone, and free recording software called Audacity
- **Materials for Transcriptions:** A computer and a willingness to read instructions on how to correctly transcribe & review documents!

Platform Options:

- **LibriVox** - LibriVox volunteers read and record chapters of books in the public domain and make them available for free on the internet in all languages. Learn more about how to record and improve your reading [here](#). Sign up to volunteer, learn more about the process, or listen to a selection from the catalog [here](#)!
- **Smithsonian Digital Volunteers** - The Smithsonian Transcription Center's mission is to make historical documents and biodiversity data more accessible. Volunteers transcribe field notes, diaries, ledgers, logbooks, currency proof sheets, photo albums, manuscripts, and biodiversity specimen labels. These transcriptions turn handwritten and typed documents into searchable and machine-readable resources allowing for more accessibility to these documents. Visit [transcription.si.edu](http://transcription.si.edu) to learn more about how to transcribe and review.
- **Library of Congress** - The Library of Congress is another organization working to transcribe historic Library of Congress documents. Volunteers can sign up to create and review transcriptions themselves, aiding in making them more easily searchable and accessible. Get started [here](#)!

- **National Archives** - Become a Citizen Archivist by creating a free user account, reading instructions on how to transcribe, and contributing to the National Archives Catalog [here](#).

# Chapter/Group Service Activities

**Audience:** Chapter/Group

**Recipient Audience:** Anyone who have glasses or sunglasses

**Activity:** Design and make beaded eyeglass lanyards

## Planning Details & Instructions:

**Note:** Before making these eyeglass lanyards, be sure to reach out to a local Service for Sight organization, for example, the Lions Club, to ensure that they can use these eyeglass lanyards, how many they would like, and any restrictions they might have for the materials used (note: these should be made for adults only).

## Supplies:

- 4 mm Beads
- Eyeglass holder ends
- Crimp tubes
- Beading wire
- Crimper tool and wire cutter
- Masking tape



## Instructions:

*If you are doing this in a group, it will work best if the coordinator first follows a tutorial and does the following for the group as preparation! We know this from experience, and you do not want to have to fix and re-string these.*

1. Cut the wire to the prescribed length, ensuring there is about  $\frac{3}{4}$ " extra for the loop and crimping.
2. Loop the wire through one rubber holder and place it in the crimper bead and crimp wire.
3. If you leave a little bit of wire, it will go through the first few beads.
4. Provide these pieces that are ready to be strung.
5. \*\*Have masking tape for the people stringing to tape off the end of the wire when they are finished so the beads don't come off.
6. YOU will finish the lanyard with the other rubber holder to ensure the piece does not have empty wire.

The group should view the tutorial and follow the coordinator's guidance.

- Have an example already made.

- Recommend glass beads and not acrylic or plastic
- Look for glass seed beads of various sizes - 2mm are the teeny ones and a bit too small. 3mm and 4mm are great and are a little more substantial
- Stay away from really large beads - for weight and also for peripheral distraction to the wearer
- You may also want some spacer beads for variety. Not expensive!
- You need a certain type of beading cord or wire (not fishing line) as well as the little ends that slip over the eyeglasses.
- You will also need crimper pieces and flat-nose pliers to crimp so that the wire cord stays in the crimper and stays attached to the rubber eyeglass ends. These come in gold- and silver-tone.

Tutorials:

- [https://www.eurekacrystalbeads.com/how-to-make-a-beaded-eye-glass-chain-1/?srsltid=AfmBOorOihlIJg4FJVLIMCqpP-VuKbtffyj6A0VHtFWduBC7\\_-am0NxV](https://www.eurekacrystalbeads.com/how-to-make-a-beaded-eye-glass-chain-1/?srsltid=AfmBOorOihlIJg4FJVLIMCqpP-VuKbtffyj6A0VHtFWduBC7_-am0NxV)
- <https://feltmagnet.com/crafts/beaded-convertible-eyeglasses-leash-necklace>



**Audience:** Chapter/Group

**Recipient Audience:** Delta Gammas or general public

**Activity:** Fact Sharing or Trivia Contest

### **Planning Details & Instructions:**

Project Goal: Hosting an awareness-type of event for current chapter/group members or open to the community to increase their understanding and awareness of vision-related facts.

This list of vision-related trivia questions can be used in many to educate and raise awareness. For example, you could distribute an information sheet at a tabling event, include eye facts in cards being sent to senior centers, or host a trivia contest during a chapter/group meeting or open to the public.

You can project and share questions from PowerPoint slides or use online platforms (example: a kahoot quiz). A simple web search will identify platform options, and you may even find a free one that works for the format you need.

### **Vision Questions and Answers to use for the trivia activity:**

- What does AMD stand for? Advanced macular degeneration, acute macular disease, or age-related macular degeneration? **Answer:** Age-related macular degeneration
- How does glaucoma cause vision loss and blindness? By damaging the optic nerve in the back of your eye, by swelling your eyelids, or by blurring your central vision? **Answer:** By damaging the optic nerve in the back of your eye
- What is often the first sign of glaucoma? Red itchy eyes, loss of peripheral vision, or sharper vision? **Answer:** Loss of peripheral vision
- True or false: Many people don't notice glaucoma symptoms at first because changes to their vision happen so slowly. **Answer:** True
- What are cataracts? Cloudy areas in the lens of your eye, dark spots in your eyesight, or high-prescription glasses? **Answer:** Cloudy areas in the lens of your eye
- What happens during cataract surgery? The doctor replaces your eyeball, the doctor injects a medicine that clears your vision, or the doctor replaces the cloudy lens with a clear artificial one? **Answer:** The doctor replaces the cloudy lens with a clear artificial one

- What is diabetic retinopathy? A blood glucose monitor for diabetes, an eye disease that causes vision loss and blindness for people with diabetes, or glasses for people with diabetes? **Answer:** An eye disease that causes vision loss and blindness for people with diabetes
- How many times do you blink per day? Almost 3,000, almost 30,000, or almost 300,000? **Answer:** Almost 30,000 times per day, or 15-20 times every minute
- What is the purpose of eyelashes? **Answer:** To keep dust & debris out of your eyes
- Which light-sensitive cells of the eyes help you see color? Rods or cones? **Answer:** Cones
- How much of the eyeball is exposed to the outside world?  $\frac{1}{3}$ ,  $\frac{1}{5}$ , or  $\frac{1}{6}$ ? **Answer:** only  $\frac{1}{6}$ !
- What is the average lifespan of eyelashes? 3, 5, or 7 months? **Answer:** 5 months
- Which American president was partially blind in his left eye after a boxing match? John F. Kennedy, Abraham Lincoln, or Theodore Roosevelt? **Answer:** Theodore Roosevelt
- True or false: Our eyes keep growing from birth like our nose and ears. **Answer:** False
- What percent of people living with sight loss are completely blind? 2-3%, 4-6%, 8-10%, or 13-15%? **Answer:** 4-6%
- What percent of people older than 85 experience permanent vision loss? ○ **Answer:** 20%
- • True or false: The largest eyes at sea belong to the giant squid and are about the size of dinner plates. **Answer:** True
- True or false: The six muscles in each of your eyes move faster than any other muscles in your body. **Answer:** True
- How many people were living with vision loss in 2020? 5.2 million, 20.3 million, 1.1 billion, or 3.4 billion? **Answer:** 1.1 billion people
- What are the leading causes of vision impairment and blindness globally? **Answer:** Cataracts and refractive errors
- What is the only way to detect common eye diseases in their early stages? **Answer:** A comprehensive eye exam

- How often should you receive an eye exam if you aren't at risk? **Answer:** Every 1-2 years
- Which common pet can't distinguish between red and green? **Answer:** Dogs
- What is the world's most common eye color? **Answer:** Brown
- True or false: Babies can't produce tears until 2 weeks old. **Answer:** False, not until 6 weeks old because their tear ducts are still developing.
- What is the colored part of the eye surrounding the pupil called? **Answer:** Iris

**Audience:** Chapter/Group

**Recipient Audience:** Primarily children who are blind or low vision who read braille and would enjoy receiving a personalized braille craft or message of positivity!

**Activity:** Learn the braille alphabet with a handout & make bookmarks or signs with messages of positivity spelled out in braille

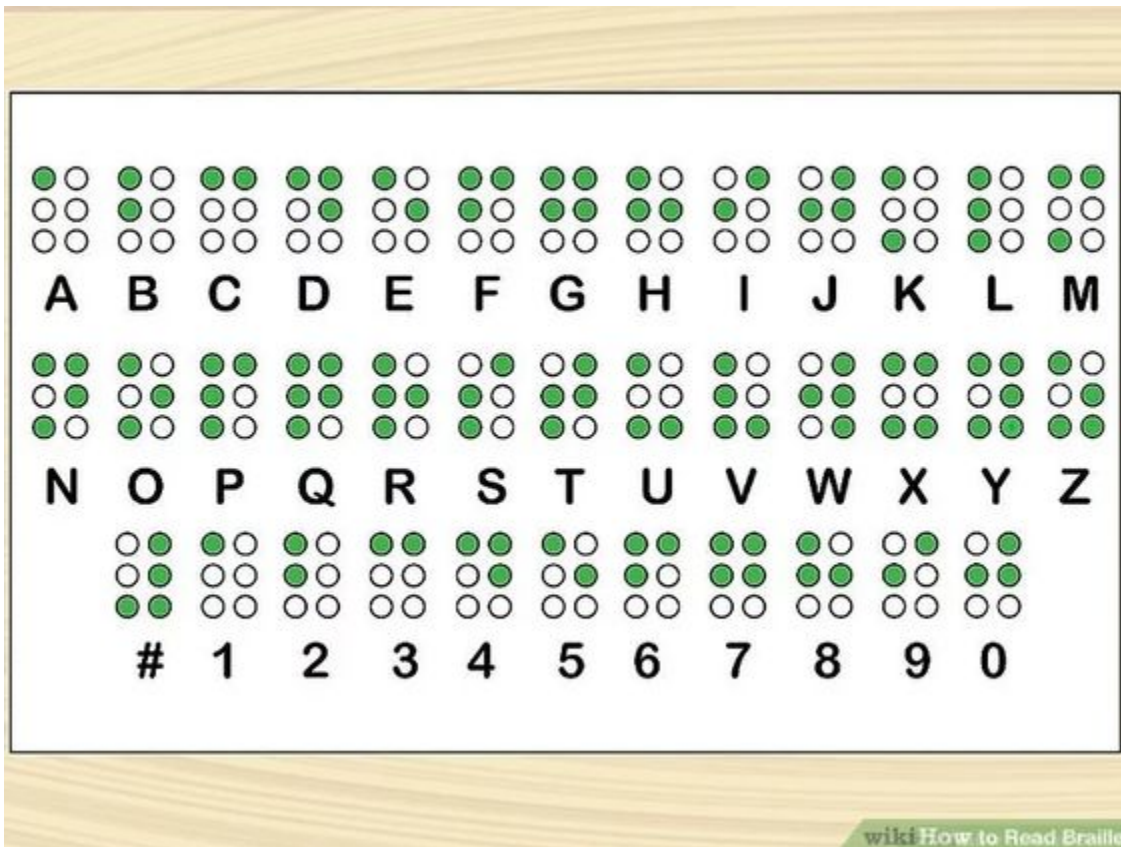
### **Planning Details & Instructions:**

Before making these crafts, be sure to reach out to a local Service for Sight organization, school, library, or childcare center in your area that serves children or others who read or teach braille to make sure they can use the cards, how many they'd like to have, and any restrictions in the materials that can be used to make the cards.

Project Goal: To create accessible bookmarks, cards, or other crafts that encourage volunteers to learn more about the Braille alphabet and provide receivers with messages of positivity or personalized items with their names/other text

**Ideas for Where to Donate:** Local schools, libraries, or daycare centers looking to implement a small activity for sighted children, schools or nonprofit organizations serving populations of people who are blind or visually impaired, hospitals or healthcare centers

**Materials:** Printed version of the [braille alphabet](#), paper or other medium for the base, small gemstones, rhinestones, [peel-and-stick rounds](#), candy dots, puff paint, or other small circular item to create the raised dots, and any other craft supplies for decoration or sensory purposes



**Image Examples/Inspiration:**

- <https://www.pinterest.com/pin/548102217123250875/>
- <http://www.blueturtlehandmadecrafts.com/shop-braille-designs.html>
- <https://mx.pinterest.com/pin/481533385129821573/>
- <https://mx.pinterest.com/pin/34832597112490422/>
- <https://mx.pinterest.com/pin/873487290205494622/>
- <https://mx.pinterest.com/pin/296041375513286353/>
- <https://mx.pinterest.com/pin/19492210948177760/>
- <https://mx.pinterest.com/pin/440508407317239143/>



**Instructions to Make Braille Alphabet or Word Cards:**

<https://thehomeschoolscientist.com/braille-activity-for-sighted-students/?epik=dj0yJnU9RDE4dDBtRFZBOEJoa0RoWUJyQ25jX2VCZzZadWI3STMm cD0wJm49U3ZUZTBjb2ZEWIRNUXc0b1RfXzlhQSZ0PUFBQUFBFR2JDWFhJ>

**Audience: Chapter/Group**

**Recipient Audience:** Organizations that recycle eyeglasses or guide dog organization

**Activity:** Eyeglasses or dog toy drive

**Planning Details & Instructions:**

Project Goal: Host awareness of Service for Sight and those who benefit from it in your community by organizing an eyeglasses or dog toy drive, which will result in having donations to support Service for Sight organizations or individuals and sharing awareness of SFS for those who donate items.

**Steps for this project:**

1. Determine which items will be the focus of donation and where those items will be donated once collected. Be sure to reach out to one of the guide dog or Service for Sight related organizations in your area before hosting the drive to make sure they can use the items and any restrictions on the types of items collected.

a. **For eyeglasses:**

- [Lions Club](#) - accepts complete sets of sunglasses, prescription glasses, or readers with plastic or metal frames and intact lenses. Or, if not listed above locate the nearest local Lions Club ([use this website that is the club locator](#)) and communicate with them the plan to do an eyeglasses drive. Determine the requirements needed for them to accept eyeglasses, where to take them, how to get them to the Lions Club, etc.
- [VSP® Eyes of Hope®](#) - accepts complete sets of prescription glasses or readers with plastic or metal frames and intact lenses. No broken or damaged eyewear. Free postage-paid label provided.
- [ReSpectacle](#) - accepts complete sets of prescription glasses with lenses intact. Minor to moderate scratches on the frame or lenses are acceptable. Mail gently used eyeglasses to ReSpectacle, 529 2nd Street, Suite 100 Hudson, WI 54016

**b. For dog toys:** Locate a guide dog organization that will be receiving these items and communicate with them by asking what their needs/requirements for support items (toys), how to get the items to them, the quantity they need, and any other details to ensure the items make it to the dogs. You may need to identify more than one organization if your dog toy drive is very successful.

2. Determine the dates of the drive, where/how people can drop off items, and what needs to be communicated upfront for donators to be aware of (if the Lions Club or guide dog organization has any stipulations).
  - a. **Note:** *Do Good: Service for Sight Hours **CANNOT** be earned by purchasing or donating items. Do Good Hours can be earned for planning, time spent promoting, time spent at a collection table/location sharing SFS/eye information, time spent sorting/organizing donations, and time spent delivering donations. Counting a specific number of pairs of glasses as one service hour is **NOT** considered service.*
3. Promote the drive in the community.
4. Determine how you will be educating the community about Service for Sight and/or sight-related facts as a part of the event. Example: hosting a tabling set up to collect donations and share sight-related facts for everyone who drops off; or hosting an event in conjunction with eye care professionals' offices or community events to educate on common causes of vision loss or blindness.
5. Host drive and collect items. Tag Delta Gamma Foundation and use #DoGoodWeek2024 tag on your social media posts.
6. Sort and organize items, and have a plan for delivery of items to the Lions Club or guide dog organization.