**Orientation & Mobility Week 2 Lesson Plan**

**Linking Route Patterns (I, L, U, & Z)**

**Objective:**  To continue practice with using the four basic route patterns to engage in indoor and outdoor travel opportunities. The traveler will explore linking two route patterns to complete routes that can not be done by using one. Since the environment dictates our routes, it may be necessary for the traveler to be able to link multiple route patterns together for more complex systems.

**Reviewing the Route Patterns**

* Review the various route patterns with the traveler. Have them recite what he/she can recall from the previous lesson. Also ensure the student remembers how to revers each route as well. Correct any mistakes
* If you feel it is necessary, have the traveler practice these routes once again to ensure their accuracy
* Discuss with the traveler that some routes may require them to use two or more routes patterns to complete due to environmental obstacles. If a route would require 3 turns it could incorporate and “L” route with a “U” or “Z” route. If a route would require 4 turns it would incorporate two “U” routes, two “Z” routes, or one of each. “I” routes are not needed when linking routes as they are a straight line.
* As in the previous lesson, discuss how the routes would look when traveling in reverse and which routes require reversing turns

**Practice the Routes**

* Put the routes to practice by traveling them either indoors or outside with an adult nearby to maintain safety if necessary. Once again, establish a “home base” for the traveler. Begin by traveling a route requiring an “L” route and a “U’ or “Z” route. As in the previous lesson, be sure to have the traveler mention any landmarks or clues he/she may encounter along the way, looking for them in the return route to ensure the path is correct. Assist as needed. Also monitor cane technique to ensure it is providing enough coverage for the traveler.
* You may practice a route involving 4 turns, if you feel the traveler is ready for the task given his/her performance with a 3-turn route

\*As was noted in the previous lesson, due to the current health crisis please use your discretion as to whether you would like to perform these lessons outdoors

**Reference Videos**

Please refer to the following videos to provide more details on creating/using tactile maps, constant contact technique, residential landmarks, and cane technique on the stairs if the routes happen to encounter any stairs.

<http://parentmobility.com/index.php/mapping-introduction/>

<http://parentmobility.com/index.php/constant-contact-cane-technique/>

<http://parentmobility.com/index.php/residential-area-features/>

<http://parentmobility.com/index.php/cane-technique-with-stairs/>