

Mental Mapping - Virtual O&M Activities for All Ages

Written by Nancy Parkin-Bashizi

Project Independence: Georgia Vision Program for Adults Age 55 and Over

Compass Directions

- Learn the four compass directions - North, East, South & West. Utilize “Never Eat Soggy Waffles” as a memory helper.
- Using the sunrise (east), learn the four compass directions of your house. (i.e., Front door faces south, Back door faces North).
- Face each direction and try to name the other compass directions.
- State the compass direction of each room in the house. For example, kitchen and master bedroom are on the Northside of the house

Room Mapping

- What is the room shape? (square/rectangle usually)
- Name the four walls with compass directions OR a major item on the wall (TV, closet, window, door, dresser, etc.).
- From one spot, name each wall and an item in the room – point to each item.
- Then, move to a new area and point to each item.
- Repeat until can they point/ travel to any item in the room from anywhere in the room.

Making Maps

- Use tactile items (legos or pen/ paper) to create a map of a room in your house.
- Then, label the main items in the room and correct compass directions. Include how rooms relate to each other.
- Map your backyard or local playground (if you remember it). Again, label major items and compass directions.

Route Planning and Travel

- Write out directions for traveling from one room in your house to another. Use the step-by-step direction process with landmarks.
- Draw map or route from your house to favorite destination (park, gym, store, or church.) Be sure to note street names and landmarks.
- Write out descriptions of I, L, U, O, Z route. (i.e.) U route is any route with two turns in the same direction
- Describe familiar routes as an I, L, U, O, or Z route.