

Tactile awareness activities Dry textures

Aims:

1. To stimulate the child
2. To raise the child's awareness of her sense of touch
3. To encourage interaction between child and adult
4. To encourage communication between child and adult, giving child opportunity to express likes/ dislikes and preference
5. To build up child's concepts about objects
6. To teach the child appropriate vocabulary
7. To teach the child about her body and develop body awareness
8. To arouse child's interest in object or person causing sensation
9. To arouse child's interest in active exploration

DRY TEXTURES

- Put empty tray in front of child
- Pour rice slowly into tray –give child chance to look and listen to sound and anticipate more rice coming. Only put small amount in at first
- Place one of child's hands on top of rice
- Gently move her hand on rice
- As she gets used to it, put her other hand on tray and move both hands around
- Always talk to her, telling her what you are doing
- Look for any responses that may show like/ dislike- e.g. smiling, laughing, grimacing, crying, keeping hands in tray, pulling hands away, voluntarily returning her hands to tray
- Vary amount of rice in tray
- Pour rice gently over child's hands
- Vary speed and amount of rice you pour
- Bury her hands in the rice
- Put other parts of body in tray of rice- arm, foot
- Shake tray about gently at first so she can feel rice moving against her hands and feet

Similar activities

Use bags – paper bags, cloth bags instead of trays

Different kinds of sand –fine to coarse

Flour

Cornflour

Dried beans, lentils, peas

Dried pasta shapes and spaghetti

Clean, unused straw

Clean, unused wood shavings

Clean packaging material

Fir cones and dried leaves