

## Tactile awareness activities: Light materials

### 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

### LIGHT MATERIALS

- Child sitting or lying down –relaxing activity
- Always chat to child and tell her what you are going to do
- Place the silk on back of her hand or let it float down onto it
- Gently stroke her hand with the silk
- Place it in the palm of her hand
- Look for responses showing like/ dislike – smiling, laughing, crying, shaking her head, throwing silk on floor, reaching for it
- Vary speed of stroking
- Use variety of touch – firm, gentle, tickling
- Wind silk gently around child's hand
- Place silk on different parts of her face and body
- Blow it gently at her face
- Put it on top of her head

Similar activities with:

Tissues

Tissue paper

Nylon

Scraps from tights

Shiny/ glittery scarves

Light woollen scarves

Cotton

Satin

Shawls

Velvet