

## Tactile awareness activities: SPLASHING AND PLUNGING

### 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

## SPLASHING AND PLUNGING

- Put apron on as child will get wet
- She should sit or stand where she can easily plunge hands into bowl of water but not knock it over
- Be gentle and non-threatening
- Always chat to child and tell her what you are going to do
- Start with warm, not hot water and place one hand on top of water. As she gets used to it, trickle water onto her hand, then gradually put it into water
- Put both hands into water and encourage her to splash and move them around
- Look for any responses that may indicate like/ dislike/ wanting more or to finish i.e. smiling, laughing, crying, withdrawing hand, grimacing, moving hands spontaneously in water
- Vary temperature of water
- Help child move her hands –slowly, quickly, gently, vigorously
- Put her feet in the water

### Similar activities with:

Coloured water

Bubbly water

Bubbles

Water scented with bubble bath or oil

Water play tray

Foot spa

Paddling pool

Put toys and objects in water that encourage simple hand movements  
e.g jugs, ducks, boats

Put water in different shaped containers e.g. jelly mould

Use see through and non see through bowls