

# TACTILE ACTIVITY IDEAS - CLASSROOM



The purpose of this advice is to provide the child with the opportunity to challenge the development of their tactile system, by providing a variety of tactile experiences and encouraging the child to explore objects through touch.

- Finding items in a box of material (e.g. a box filled with dry rice, pasta, Styrofoam, tissue paper, water etc.)
- Messy play (allowing child to get messy) in paint, sand, mud, water (coloured or textured water is a good option), play dough. Incorporate the use of tools as appropriate. All play must be led and repetitively demonstrated by an adult.
- Increase tactile contrasts between objects / activities - Encourage use of fluffy, spiky, soft, textured toys or wobbly fidget objects to engage attention and to encourage manipulation and exploration depending on preference.
- Encourage the use of feely bags and texture recognition games to provide the necessary tactile input (e.g. animal figures in sand or rice, commercially available games).
- Encourage use of textured models of letters or signs to teach concepts.
- Have a lot of different fabrics (soft, furry, woolly stretchy, shiny, cold or wet) to explore.
- Play a game describing the sensations you feel when touching different textures.
- Tactile Dominoes.
- Ask child to guess shapes / letters drawn on their back.
- Activities involving playdough, putti, slim.