

Tîm Camau Bach
SESSION PLAN FOR HOME ACTIVITIES
THE TACTILE SENSE



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The tactile system is the largest sensory system in our body and is composed of receptors in the skin, which send information to the brain regarding such factors as light, touch, pain, temperature and pressure. This input gives form to body and spatial awareness and plays an important role in perceiving the environment and in establishing protective reactions for survival. There are two components to the system: protective, which is defensive; and discriminative, which is discerning. These two must work together to enable us to function and perform everyday tasks.

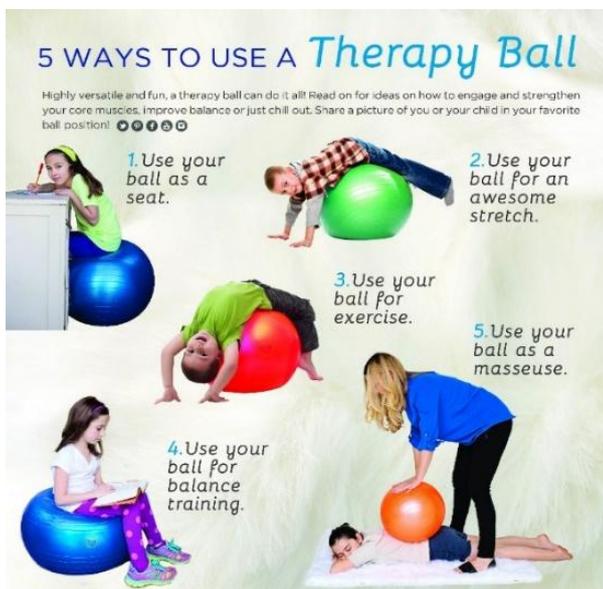
Hypersensitivity in the tactile system also called defensiveness may lead to a misperception of touch and can be seen in the affected child's withdrawing when being touched, avoiding groups, refusing to eat certain foods, wearing certain types of clothing, avoiding getting hands dirty, or using fingertips rather than whole hands to manipulate objects. The child with tactile dysfunction will often curl his hands into loose fists to avoid touching, keeping hands in that position can affect his fine motor skills. This dysfunction may also display itself in behaviour where children try to isolate themselves or are generally irritable. This is where you might see the 'fight or flight' response.

Hyposensitivity is seen in children who are under-sensitive or unaware of pain, temperature, or how some objects feel. Sometimes they seek more stimulation and may paw through toys, chew on objects, or bump into people or furniture. Painful tactile stimulation may not be felt, easily leaving the child defenceless or vulnerable to dangerous situations. Intervention needs to include intense touch stimulation to help them adequately process the information.

Activities

- playdoh
- Paint activity
- Balloons – sensory balls
- Nature Bracelet
- Sensory trail

You can use a therapy ball like this which can be used for massage and really calming.



Messy Play

Playdoh

Playdough recipe

Ingredients:

- 1/2 cup of salt
- 1 cup of water
- 2 tablespoons of cream of tartar
- 1 cup of flour
- 1 tablespoon of oil
- Food colouring



Directions:

- Mix the flour, salt, cream of tartar and oil in a pan.
- Mix the water with the food colouring.
- Add the water/colour-mix to the other ingredients, stir well.
- Cook on medium heat for 4-5 minutes, while constantly stirring.
- When the mixture becomes “doughy”, remove from heat and start kneading. (the dough will be hot, so mind your hands)
- When desired texture is achieved, the playdough is finished, enjoy.

Here are some ideas to play with your playdough:

- Rolling pin
- Fork and spoon
- Kitchen gadgets such as a garlic press, potato masher and meat tenderizer
- Cookie cutters and moulds, including letters and numbers
- Large buttons, plastic hair curlers, shells, pebbles

You can do the following:

- Roll the playdough in fat sausages and skinny snakes
- Pinch (with fingers) or cut (with scissors) the snakes from left to right to reinforce directionality of reading and writing
- Make a bird’s nest and little eggs
- Made spaghetti or hair by squeezing g through a garlic press
- Make people and animals
- Make patterns and interesting shapes with a potato masher and meat tenderizer
- Imitate shapes that your child makes

BENEFITS OF THE ACTIVITY

- Moulding, kneading, pounding, rolling, squeezing and poking playdough develop tactile discrimination, proprioception, upper-body strength, fine motor skills and motor planning
- Squeezing the garlic press and manipulating other utensils, tools and gadgets build hand dexterity, visual-motor skills, and the ability to follow directions.
- Working with playdough is a resistive activity that provides proprioceptive input and is extremely organizing and calming.

PAINTING

Painting with young children not only helps their creative development but it also stimulates their brain. Stimulating children's brain can also help other areas of their development. Painting activity will allow them to freely express themselves and develop their creativity. Painting can provide children with vast amounts of learning, this may be developing their fine pincer grip or learning about colour mixing. The opportunities are endless hence why painting should be accessible to children throughout the week.



SENSORY BALLOONS

A stress ball is a squeezable ball that can help calm nerves, anger, anxiety and more. The sensory balloons will stimulate textile awareness and promote motor skills.

Can be used as stress balls; turn taking and throwing in buckets. The balloons are easy to grip and easy to catch.



WHAT YOU WILL NEED

Balloons: Flour; dried beans; rice; cornflour; sand, water beads, playdough etc.

Place the ingredient in a funnel into a small water bottle and pour into a blown-up balloon. Turn water bottle upside down and gently squeeze texture into balloon. Pinch the balloon and release it from the bottle.

Toss them in a basket and your kids will have fun playing with them throughout the day.

NATURE BRACELET

You will need masking tape and place on child's wrist, sticky side out. If out walking you can pick up small items such as flower, leaves and feathers. Place items on sticky tape.

BENEFIT

- Wearing the bracelet, touching items found and touching the sticky part of the tape increase tactile discrimination.
- If out, retelling the story of the walk with the help of the items on the bracelet all develop vocabulary and language skills.
- The bracelet can be placed on the adult's arm if wearing it bothers the child.

TACTILE ROAD

Too wet or cold to go outside to play? Lay out an indoor Tactile Road to keep children focused and moving in this totally safe activity.

WHAT YOU WILL NEED

Tactile pleasing 'step-upon' such as:

- Carpet squares
- Large swatches of velvet, corduroy, satin, chiffon



- Sheepskin
- Terrycloth towels
- Pillowcases filled with large beads of beans
- Bubble wrap
- Corrugated cardboard, sandpaper

At first, place the step-upon close together. As the child gains confidence, move them apart to encourage stretching and jumping.

You can:

- Walk or jump, forward, backward and sideways from one textured item to another.
- Get down on the floor and roll or crawl over the path

BENEFITS OF THE ACTIVITY

- Pressing the feet, hands and body on different textured materials develops tactile awareness and discrimination.
- Judging the distances between one step-upon and the next improves attention and visual-spatial discrimination.
- Travelling from one material to another involves balance and movement proprioception and motor planning.

Children with a low threshold for tactile stimulation might:

- Have a strong reaction to the unexpected touch or the light touch
- Be a picker eater, eat only a few foods, or not like to mix foods
- Be picky about clothes, may take clothes off, or resist being dressed

What you can do

- Tell child before touching
- In a group situation, sit child so others don't brush against the child
- Before tooth brushing, apply deep pressure around mouth with washcloth
- Brush teeth before meal (to relax the child's sensitivity)
- Use all cotton clothing, wash new clothes several times before wearing, use seamless socks

Children with a high threshold for tactile stimulation might:

- Be a messy eater, have food all over face, or stuff rough full of food
- Play roughly

What you can do

- Brush teeth before meal (to pep up the child's oral sensitivities)
- Provide more stimulation, such as squeeze balls, rubbing with towel or other textures
- Provide lots of opportunities for sensory play such as finger painting

Ideas for activities rich in tactile sensation

- Go to a petting zoo
- Messy play with hands in pudding, yogurt, ice cream, mashed potatoes, coloured spaghetti, pastry etc. Find items hidden or draw shapes and letters/numbers
- Find objects hidden in containers full of sand, beans, rice, etc.
- Water play with squirty guns, water balloons, spray bottles, funnels and sponges etc.

- Massage/vibrating massage/ deep touch pressure
- Squeeze bubble wrap
- Squeeze textured balls
- Finger painting, adding textures to paint, e.g. herbs, sand
- Fidget toys
- Rub body with lotion
- Hands-on painting and playing with different textures increase tactile discrimination, body awareness and creative exploration.
- The concrete experience of forming lines shapes, letters and numbers improves recognition and visualization of these abstract concepts.
- Squirting shaving cream and water and handling cookie cutters improves tool use, hand strength and eye-hand coordination.
- Drawing with fingers and pushing toys through texture improves fine motor skills, visual-motor integration, and the skills necessary to move the eyes, hands and body together.
- Making a figure 8 highway helps the child orient his body to the midline, and then to cross the midline. Crossing the midline is important for establishing hand dominance for reading and writing, and for many other physical and academic skills.
- Eating cold spaghetti and licking custard and other messy food off the fingers strengthens gustatory awareness.
- Dressing-up treasure box



ENJOY

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