

TACTILE ACTIVITY IDEAS



- Use vibrating toothbrush and/or vibrating hairbrush during play
- Oral work — suck thick liquids through a straw, eat crunchy and chewy snacks, or chew gum before and/or during table-top activities
- 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.
- Blowing bubbles, playing blow football or blow painting
- Help with cooking, mixing, chopping, etc.
- Warm bath with bubbles and calming essential oil
- 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)
- Encourage use of textured models of letters or signs to teach concepts.
- Encourage the use of malleable and textured seating options e.g. vibrating cushion, therapy ball, gel cushions to provide additional stimulation during seated activities.
- Ball games over moving parachute or racing games under a parachute.
- 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.
- Water play; bathing dolls, washing trucks etc as well as pouring, splashing and squirting
- Play with food; try whipped cream, jelly, yoghurt, cooked pasta on your fingers and also around their mouth
- Underwater marbles – spread marbles over the base of a baby bath or plastic container submerge in water. Play a game of picking up the marbles (or underwater treasure) with their toes.

Community Paediatric Occupational Therapy

Newcastle upon Tyne Hospitals NHS Foundation Trust

Regent Point, Level 3, Regent Farm Road, Gosforth, Newcastle upon Tyne, NE3 3HD

Tel: 0191 2823452

Email: tnu-tr.physicaltherapyservices@nhs.net