



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

## NEURODEVELOPMENTAL TEAM

### ACTIVITIES TO DEVELOP TACTILE PROCESSING FOR THE CHILD WITH AN UNDERRESPONSIVE TACTILE SENSORY SYSTEM



- ✚ Encourage the child to wash using textured soaps and to use different textured bath scrubbers. The use of textured soaps and scrubbers can assist in tactile feedback.
- ✚ Provide the child with opportunities to engage in deep pressure activities, running, bouncing, climbing, trampolining, crawling, using playground equipment, horse riding, swimming etc. This will also assist in the development of Proprioceptive and Vestibular processing.
- ✚ Encouraging the child to explore different textures i.e. playdough, salt dough, sandpaper, tissue, putty, sand, water, cardboard, etc. Making collages from different textured items is an excellent way of using them.
- ✚ Encourage the child to identify different items without seeing them, i.e. hiding objects in a feely box or bag and have the child identify them by touch alone.
- ✚ Hiding items in lentils, sand, packing foam, rice etc can also be very effective.
- ✚ Massaging the hands can help to wake up tactile system.
- ✚ Playing clapping games and other games that involve the hands or fingers i.e. Peter Pointer, one potato two potato, high fives, pretending to play musical instruments, etc,
- ✚ Using tactile/textured books when reading with the child i.e. different textures to represent different animals, fur for the cat, feathers for the bird, felt for a cow etc

The above is just some ideas that can be used to develop tactile processing. I am sure that you will come up with many more.