

Tactile Stimulating Activities

Indoor Tactile Path

- Create a path through your room, house, or classroom
- Use duct tape or strong making tape to outline the path
- Make sure the path covers carpeted, tile, and wood floors if available
- Have the path go through any indoor areas like: sand box, water play pool, trampoline, small balls boxes, indoor cloth tunnels, play houses, etc.
- Have certain rest stops on the tactile path which are delivery zones with “post-office” boxes each painted a different color
- Use the tactile path for a number of indoor activities

Taking a Dry Swim at Home

- Use an imaginary pool to swim in
- Use different floor textures to swim on if available
- After swimming use a beach towel to dry the child down using deep rubbing down strokes
- As you rub each body part name the part or have the child name the part

Follow the leaders on the Path

- Animal walk, have the child follow you on the indoor path playing an elephant, horse, alligator, dog, cat etc. walking on all fours as you follow the path and having the child make the sounds of the animal if possible
- As you animal walk, now have the animals walk only on three legs rather than the four
- Now be snakes and crawl the path hissing as you go
- Now become logs which are being rolled along the path

Scooting the Path

- Using a scooter board, have the child become the animals while lying forward on the scooter board
- Try having the child be the animal lying on back and using the scooter board to get along the path
- Have the child be a beetle crawling on scooter board along path
- Have the child be a tugboat who is pulled by holding onto a rope you are pulling the child along the path or have the child pull the scooter board with a rope along the path

Large exercise ball activities

- Have child lie face forward on ball and roll body on the ball
- Have child lie on back on ball and roll body on the ball

Taking a ride on the “sheet slide”

- Have child lay face down on the sheet slide and pull the child along the indoor tactile path
- Have child lay on back on sheet slide and pull child along the indoor tactile path

Body Part Erasers

- Use carpet squares or carpet samples as a chalk board and using soft chalk (like sidewalk chalk), or oatmeal, sand, aquarium pebbles, write something on the square and then have the child use feet to erase the words written or picture drawn
- Do the same thing but this time have the child use hands as an eraser
- Do the same thing but this time have the child use elbows as an eraser
- Do the same thing but this time have the child use knees as an eraser

Body Chalk Board

- Using your hand draw a number, letter, shape, or word on the child’s back and have the child try to guess what it is
- Do the same thing but now on the stomach
- Do the same thing but now on the bottom of the foot
- Do the same thing but now on the palm of the hand

Body Painting

- Using a variety of brush types pretend to paint different body parts of the child
- Use three, two or one inch house paint brushes
- Use large, medium, and small artist brushes
- Use pastry, cooking, cleaning brushes
- Paint pretend objects on the body, such as freckles on the face, hands, and arms
- Paint glasses on the face
- Paint various types of clothing on the body

Touch and Feel Box

- Cut a hole in a shoe box with a lid on it
- Put various types of textures on the floor of the box like carpet, sand paper, tile, wax paper and have the child feel the textures
- Put various objects in the box and have the child try to guess what the object is

Other ideas:

- Rubbing hands/arms with lotion, oil or textured fabric (this can easily be done at bath time)
- Sand box
- Foot & finger paints
- Clay
- Mud pies
- Flour and water (play dough)
- Feely-meely box - box with hand sized opening used to explore familiar objects without vision
- Drawing with hands in sand, oatmeal, stones, etc.
- Rolling down a grassy hill or ramp
- Pretending to swim on a mat or rug, using a towel to dry off
- Playing inch worm
- Rolling across a room inside a barrel or box
- Having the child rub different parts of his body with various textures such as corduroy, terry cloth, fur, velvet, etc