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Sensory Activities - tactile

What are sensory activities?

By providing a range of activities across all of the 8 sensory systems you will be supporting the child's development. Try and make them as part of everyday routines by incorporating them into play.

The following activities focus predominantly on the use of the tactile (touch) system.

Touching activities

Rubbing different textures against the skin	Handling different objects – rough, smooth	Handling pets	Feely box – a box with different textured objects or different shaped objects inside

Waterplay activities

Pouring and measuring using different textured containers	Creating patterns on the ground using wet brushes, sponges or squeeze bottles	Experimenting with warm, cool, cold water and ice cubes	Adding objects to water to see what happens e.g. sand, glitter, stones, paper etc

Messy play


Arts and crafts	Finger painting	Paper Mache	Play dough



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Blowing and chewing activities

		
Blowing bubbles	Drinking through straws or out of bottles	Chewing chew toys or sweets

Guidelines for using Sensory activities

- Sensory activities should be supervised by an adult
- Watch how the child reacts to the sensory input. If they appear upset, anxious or uncomfortable, stop the activity. Before you try the activity again, ask yourself if you can change it in a way that you think the child may like it better. If they continue to appear upset, anxious or uncomfortable, do not keep trying the same activity.
- If it is safe and possible to do so, allow the child to be in control of how much and how long they play with each sensory activity. Offering a variety of different sensory activities throughout each day is most helpful to support development.
- Talk to the child about the activity that you are introducing. If appropriate, use pictures of the activity to support their understanding of what is happening.
- Please follow any instructions that accompany any activities or equipment you buy.