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Activity: **Salt and Lotion Trays**

Description of activity:

We are going to use either salt or lotion to feel patterns on a tray.

Materials:

Cookie sheet or baking pan (one with edges helps contain the mess)

Salt or lotion (Rice would also work)

Colored paper

Glue or puffy paint

Saran wrap (optional)

Instructions:

Line the bottom of your tray with paper. Use glue or puffy paint to make shapes on the paper.

You can also glue pipe cleaners to the paper for a more noticeable tactile input. Let fully dry. (I recommend doing this step the night before because it takes a while to dry).

Cover the paper with salt or dry rice. I also find it is a great sensory experience to use lotion (and it is harder to dump or throw). If using lotion, place saran wrap over your paper.

Grading:

- Make dots on your paper for beginning tactile exploration.
- Horizontal lines to follow with finger are great for beginning reading and writing.
- Tracing over letters is a great way to introduce letter formation.
- Matching (have your child feel the shape on the paper and try to match it to shape cards or letter cards).
- You can use marker over the glue for increased visual attention.
- Use communication device to have your child indicate what they are feeling on the paper (such as a circle).
- Have your child count how many dots they feel.

Target areas:

Sensory exploration, tactile discrimination, pre-braille skills, pre-handwriting, matching, and independent living skills.

Video Link: Click to watch a demonstration of this activity: <https://youtu.be/R4ZdfhYvaU4>

