

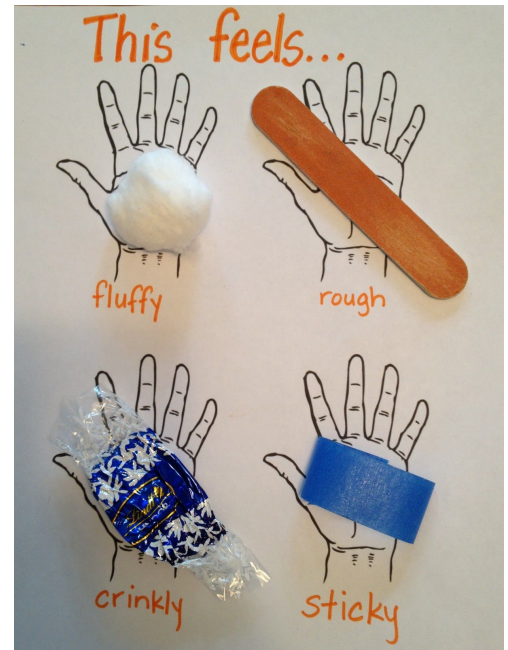
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April 16, 2020

Let's Explore our Sense of Touch!

Introducing young hands to a variety of textures helps them be able to 1) begin using their hands for learning, 2) tactually discriminate between different textures, 3) decide what textures are appealing to them, and 4) be less tactilely defensive with new textures.

Look for things around your house that have fun textures and glue them onto the provided template found in the link below:



<https://docs.google.com/document/d/13Kej0wEWj7Eov0ecMH32fGKtJPuUXaT9GqbuMLYr34s/edit?usp=sharing>

Label each item with a descriptive word for each texture, and say that word each time your child touches that item.

Some little friends will need help using their hands to feel their items, and using the “hand-under-hand” technique is perfect for this activity. To do this, come from behind the child with your arms/hands underneath theirs, and as you reach up to touch the items, you can gently guide their hands to touch them. You may be able to eventually pull away and allow them to touch them individually once they feel comfortable enough.

Exploring new textures can be really hard for some kids! If your child pulls away and does not want to touch the item, that's okay! We never want to force them to touch something they don't like, and we want to make sure they have an independent voice to let us know they don't like something! Try again slowly another time, or try switching out the item with one of another texture.

Some ideas for items around your house:

- Cotton ball
- Nail file
- Sand paper
- Candy wrappers
- Cellophane
- Fleece
- Tape (double-sided or folded around on itself so the sticky part is up)
- Pom pom
- Feathers
- Rocks
- Foam
- Smooth ribbon
- Burlap
- Yarn
- Velvet

