



341 N. Pontiac Trail, Walled Lake, MI 48390 (248) 330-7795
www.SensoryKidsTherapy.com

Tactile/Texture Play

Strategies to increase tactile awareness:

Some children have to touch everything! They are natural born explorers. Other kids are reluctant to touch new textures or smell or taste new foods. Use a spoon or a paintbrush to help reluctant children at first. Never force kids to touch anything they are unsure about. Give them time and couple of tries on a few different days and they will be having fun in no time!

- Play games like "What's In the Bag?" Ask your child to name the items in the bag by what they feel like, rather than using their vision. Let them talk about what texture they are (rough, smooth, slippery, sticky, etc.)
- Hide objects in a bin of rice, beans, sand, beans or pasta. Dig for the objects with your hands.
- Talk about the temperature of objects (cold vs warm) as well as the shape of objects (small vs large, round vs straight corners, etc.).
- Draw in shaving cream on the walls on the bath tub. Write their name, draw shapes. "Erase" by wiping it with their hand or adding more shaving cream. Rinse when done.
- Place sugar or sugar sprinkles on a cookie sheet. Kids use their index finger (number one) to draw and make shapes. Shake the pan slightly to "erase" and start again.
- Try the recipes below for some new texture play!

Squishy Bags

- <http://www.learning4kids.net/>
- For one sensory bag, you will need 1 cup of flour, 6 tablespoons of water and food coloring. You will also need zip-lock lunch bags (22cm x 22cm), sticky tape and a small mixing bowl.
- Adjust the flour and water amounts if you are using a smaller or larger zip-lock bag.
- Place flour into a small bowl.
- Add food coloring.
- Now add the water.
- Mix until all the ingredients are well blended.
- Scoop the flour mixture into the plastic zip-lock bag.
- Before fastening the end, place the squishy bag onto a flat surface.
- Gently push any excess air out to avoid air bubbles.
- Press the clips of the bag closed and ensure there are no holes.
- Place tape along the opening to secure the opening.
- Draw on the bag with a Q-tip or eraser end of a pencil so as not to puncture it.

Homemade Rubbery Goop

- <http://www.learning4kids.net/>
- Rubbery Goop can be stretched and pulled apart into smaller pieces (not dry or crumbly) and it all rolls back up into a smooth soft ball.
- 2 cups bi-carbonate soda (baking soda)
- 1 ½ cups water
- 1 cup of corn flour (corn starch)
- Food coloring (optional)
- Combined all ingredients into a large pot.
- Mix the ingredients together using a whisk to remove lumps.
- Heat on stove stirring with a wooden spoon.
- Bring the mixture to a slow boil, stirring continuously.
- Small lumps will begin to appear, continue to stir until a thick mixture has formed.
- Spoon out onto a cookie sheet. Be careful the Rubbery Goop will be very hot!
- Knead together to form a smooth ball of Rubbery Goop.
- Store in a plastic zip-lock bag or air tight container.

There are no preservatives in this recipe and depending on how many children play with the Rubbery Goop, it can last up to two weeks.