

*recommended you request referral to Occupational Therapy*

## **INTRODUCTION**

People have different thresholds for their ability to copy with different textures.

Some people are more sensitive to certain textures than others. If a child finds textures very challenging they may avoid using those materials.

## **ACTIVITIES**

- Hand massage – deep pressure can be organising and calming for the human body.
- Hide motivating toys in sensory play materials
- Koosh balls to explore
- Squeeze balls before a tactile activity
- High fives throughout the day.
- Clapping
- Pushing palms together
- Use fun toys in sensory play i.e. plastic dinosaurs or cars in paint to make prints
- When sitting on the floor / chair child places palms flat under thighs and tries to push themselves up from floor / chair

## **STRATEGIES**

- Using a graded approach

Textures are graded from those which are

Dry/hard textures e.g. rice, pasta, sand.

Soft textures e.g. playdough

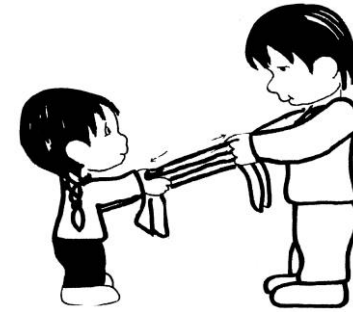
Wet textures e.g. wet sand, paint

Slimy/lumpy textures e.g. jelly, cornflower and water mix, tapioca, shaving foam.

- Establish the level you child can tolerate and extend the number of textures in that range your child is exposed to. Gradually move up to the next level.
- If your child requests to wash their hands and finish the activity encourage '1 more turn then finished'. The number of turns can be extended. Reassure the child it's o.k. to be messy
- Give some deep pressure through their hands on the way to the sink and during hand washing and drying
- Continue to provide experience of textures for the child by watching and gradually touching
- Be careful not to show any negative reaction from yourself in front of the child.

Provide beanbag cushions or soft seating to provide security and read a book together.

- Supervised tug of war



## **Considerations in the nursery or classroom**

The child:

- May have difficulty standing in line
- May lash out or react over the top if lightly brushed or knocked by others as they would perceive it as unpleasant / irritating
- May express anxiety if sitting in the middle of the carpet surrounded by others
- Attention and focus on activities may be reduced
- May find it difficult if positioned next to the most enthusiastic explorer of the texture.

less challenging to those that are very challenging.

### **Frequency of activities**

Incorporation of activities in the daily setting routine is recommended. Children who are having difficulties will need specific encouragement to access the appropriate activities to develop skills through guided group / 1-1 activities.

Complete activities from this sheet regularly for at least 3 months

### **Improving our service**

We continue to review our service to make sure that it meets the needs of those who are using it. We would appreciate any suggestions on how we may improve and also comments on what was good about the service.

If you have any compliments, suggestions or complaints, please write to or contact any member of staff in the first instance, or to the Occupational Therapy Service Lead if necessary.



## **LOOKING AFTER MYSELF SELF CARE DRESSING SKILLS**

**Early Years Activity Sheet**

**PAEDIATRIC OCCUPATIONAL  
THERAPY SERVICES**