

Touching and moving

Tactual exploration



Activity: Exploring a balloon cover

A balloon cover contains many sensory elements, such as sensory circles, sensory flaps and strings. You can fit an XL balloon or a beach ball in a balloon cover. The top of the cover has an elastic cord with which you can hang the balloon. You can order custom-made balloon covers at doekjesforkids.nl.

Set-up of the activity

0-2

- Make a balloon cover from fabric and attach tangible materials to it or buy a balloon cover.
- Make sure the balloon cannot fall; if necessary, attach it to the table or the wheelchair tray.
- Choose materials that are pleasant to touch and stimulate the client to explore.
- First begin with the feet because this is more pleasant for some clients. Afterwards, let the client feel the balloon cover with his hands.
- You can also vary the material attached to the balloon cover. Sometimes clients prefer something familiar.

Points for observation and focus

- Observe how the client responds to the balloon cover. Does he prefer a certain material?
- Be aware of aversion reactions when the feet and hands touch the material.
- Give the client time to respond. Give him the balloon cover again if he initially rejects it.

Alternative materials

- A pillow or tapestry on the wall.

Can also be used in the categories

- Noticing (NT)
- Touch sensitivity (TST)