

Touching and moving

Tactual exploration



Activity: Exploring a tactile pillow

Set-up of the activity

Make a pillow and attach tangible materials to it or look for a tactile pillow online. See also the activity Tactile apron in the Noticing category.

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- Make sure the pillow cannot fall; if necessary, attach it to the table or the wheelchair tray.
- You can let the client first begin by touching with his feet and afterwards with his hands.
- Choose materials that are pleasant to touch and stimulate the client to explore.
- You can also vary the material attached to the pillow. However, sometimes you might opt for a familiar pillow.

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- Use, for example, materials that include fasteners or other action-reaction elements. Check whether the client discovers these.

Points for observation and focus

- Observe how the client responds to the pillow. Does he prefer a certain material?
- Be aware of aversion reactions in the hands and feet.
- Give the client time to respond. Give him the pillow 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)