

Touching and perceiving Body awareness



Activity: Becoming aware of hands and feet

Set-up of the activity

Use wrist bells or socks that emit a sound. Usually, hands are discovered sooner than feet.

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- Put a wrist bell or sock that emits a sound on the client's wrist/foot and move this together.
- Stimulate the client to repeat the movement.
- Check whether the client starts touching his hand or feet on his own.

Points for observation and focus

- Observe what the client prefers: moving the hands/arms or the feet/legs?
- Make sure it is safe for the client to put the material in his mouth.
- Observe whether the client repeats the movement and starts touching the body parts.
- Notice whether the client uses both halves of the body.
- Make sure the sound stimulus is not too loud, creating an unpleasant experience.
- Make sure the client doesn't wear the wrist bells/socks too long.
- In case of a hearing impairment, use a louder sound.

Alternative materials

- Attach balls with bells inside, such as cat toys, to an elastic wristband.
- Place materials at the client's feet, such as rustling material, bell shaker or tactile tiles.

Can also be used in the categories

- Noticing (NT)
- Tactual exploration (TE)