

## Touching and understanding Touch strategy



### Activity: Exploring a tactile blanket

Buy or make a tactile blanket. Customise the size of the blanket to the size of the client so there will be enough to explore.

### Set-up of the activity

0-2

- Let the client sit or lie on the blanket and stimulate him to feel around the blanket.
- Move your hands and nails over the blanket and let the client hear ribbed surfaces and bells, for example.
- Together look for the borders and corners by stimulating the client to roll over or crawl.

2-4

- Present the blanket to the client and let him experience the various materials and textures.
- Put objects in a blanket with pockets that the client can look for.
- Hang the blanket on the wall so that it can be explored in a different way.

### Points for observation and focus

- Make sure that the client uses both hands, if possible.
- Also involve his feet in the exploration, either with socks or barefoot, if the client does not initiate this himself.
- Observe whether the client has a preference or aversion to certain parts of the blanket.
- Observe how the client explores the blanket. For example, does he explore with the palm of his hand, his fingers, by rubbing or scratching?

### Alternative materials

- A rug
- Wooden or tile floor with joints
- Wall activity board (i.e., spinning wheel)
- Tactile apron
- A path (while the client is barefoot)

### Can also be used in the categories

- Noticing (NT)
- Tactual exploration (TE)