

Touching and perceiving

Noticing



Activity: Exploring a tactile apron

You can attach various objects to a tactile apron.

Set-up of the activity

You can make tactile aprons or buy them in various sizes. The objects attached to the apron do not get lost because they are attached to the apron. Objects that you can attach to the apron are big wooden beads, big buttons, a shower sponge, a painting brush or a small plastic chain.

0-2

- Attach the objects with Velcro or rings if you create the apron yourself. Make sure the Velcro doesn't touch the skin.
- Initially, don't attach too many different fabrics and/or objects to the apron. You can also first let the client wear the apron without any objects attached.
- Give the client the time to start exploring and to notice the objects on the apron on his own.
- If the client doesn't make any attempt to explore the apron, help him by exploring the objects together. Before taking his hand to feel the objects, name the objects.
- Attach more and more fabrics and/or objects to the apron if the client enjoys touching them.

2-4

The following steps no longer focus on the skill of noticing; this has already been achieved. However, they are a fun follow-up to the activity of noticing.

- Hang increasingly smaller fabrics and objects so that the client has to search more deliberately for the tactile stimuli.
- Create pockets in the apron for hiding objects.

4-6

- Use the apron to introduce a theme. For example, fill the apron pockets with things that you need to bake cupcakes together.
- Review the objects together and link them to language. How does something feel? Is it smooth, ribbed, bare, hairy?

Points for observation and focus

- Observe whether the client finds the apron and objects pleasant. This is important because the client cannot take the apron off by himself.
- Make sure that putting on the apron does not over-stimulate the client; putting on the apron is also a tactile stimulus.
- Observe whether you notice small reactions in the client as soon as a part of his body touches an object on the apron.
- Check whether the client prefers a certain material.

Alternative materials

- You can also use an apron or blouse with long sleeves so that you can attach objects to the sleeves. A client who does not move much will find it easier to touch his own arms than bringing his arm to his stomach.
- For clients in a wheelchair you can attach a tactile blanket to their tray. For clients who spend much time in bed place the tactile blanket on the bed.

Can also be used in the categories

- Tactual exploration (TE)
- Perception of detail (PD)