

Touching and perceiving

Touch sensitivity



Activity: Feeling objects with a relief

Surfaces with indented or raised relief are plentiful in our daily environment, such as in straw chairs, CV radiators, doorframes or the base of a bowl. You can also find reliefs in toys.

Set-up of the activity

0-2

- Let the client discover surfaces with a relief in his environment. Give him the opportunity and time to find and explore them.
- Look for surfaces with a relief together if he doesn't discover them spontaneously.

2-4

- Vary between materials. Begin with familiar materials that clearly have a relief. Expand this to unfamiliar materials with less indented/raised reliefs.
- Observe whether the client has a preference for certain materials and more easily perceives either raised or indented reliefs.

4-6

- Let the client look for the reliefs, indoors as well as outdoors. For example, let him look for light switches and door handles.

Points for observation and focus

- Keep in mind that this activity requires fine motor skills, in addition to touch sensitivity.
- Observe whether the client prefers certain materials.
- Observe whether the client more easily perceives raised or indented reliefs.

Alternative materials

- Give clients who are in a wheelchair or have limited hand function material that is within reach, such as oven mittens with a ribbed texture or coasters with rims in relief.
- Also use clothing items that the client wears.

Can also be used in the categories

- Tactual exploration (TE)
- Touch strategy (TS)