

Touching and understanding Touch strategy



Activity: Sorting cutlery

Begin with a sorting box with four compartments or a cutlery tray/box with compartments. The client can sort according to purpose (i.e., spoons and forks), shape (i.e., round, square or triangle) or weight (i.e., heavy or light).

Theme: sorting, self-reliance

Set-up of the activity

2-4

- First let the client extensively explore the tray/box.
- In each compartment, place an object that the client should look for.
- Begin with daily objects that are familiar to the client.

4-6

- Take a sorting box or cutlery tray with several compartments.
- Place an object in each compartment. Let the client look for the same object in a basket or a serving tray and place it in the right compartment.
- Teach the client to systematically explore and search the sorting box or cutlery tray. Do this compartment by compartment. Begin at the top and go according to order.

Points for observation and focus

- Observe how the client explores. For example, he can hold an object in his hand or explore it with both hands. He can also explore in general or in detail.
- Observe whether the edges of the compartment distract the client.

Alternative materials

- Ice-cube tray
- An egg carton
- Sorting food

Can also be used in the categories

- Touch sensitivity (TST)
- Tactile-spatial perception (TSP)