

## Touching and perceiving Body awareness



### Activity: Using various types of fabrics and blankets

By using fabrics and blankets you make the client aware of his body.

#### Set-up of the activity

0-2

- Use various types of fabrics, such as bath towels, sauna towels, tea towels, velvet curtains, net curtains, woollen throws, knitted throws, smooth sheets or chenille bedspreads.
- Run the fabric over the body and name the body parts that you touch. The texture and weight of the fabric make the client aware of his body.
- Play peekaboo games with various fabrics. Stimulate the client to pull the fabric from his head. You can also play this game by covering a hand or arm.
- Flap the fabric over the client to the sound of music. You can use body-parts songs for this. Name the body parts while doing this.
- Wrap an arm or leg in a large piece of fabric or roll the client in a blanket. Let the client experience the fabric and the borders of the fabric.

2-4

- Let the client experience that fabrics come in different sizes.
- Use various familiar and unfamiliar fabrics and let the client feel the difference.
- Name the fabrics while doing this.
- Together with the client, explore whether a fabric can cover him completely.

#### Points for observation and focus

- Observe how the client explores the size of the fabric. Is there a starting strategy?
- Notice whether the client likes or doesn't like to be covered under a fabric. Check how he experiences being rolled in a blanket.
- Observe whether the client prefers a certain type of fabric and whether he explores the texture.

#### Alternative materials

- Bubble wrap,
- Rescue blanket (this makes a crackling sound),
- Foil foam (Foam, such as a yoga or sleeping mat),

#### Can also be used in the categories

- Noticing (TN)
- Touch sensitivity (TST)