

Touching and perceiving

Noticing



Activity: Noticing tactile objects

Set-up of the activity

Use cushions, fabrics or blankets with tangible elements. These elements can stimulate the client to move.

0-2

- Place a cushion, piece of fabric or blanket near the hands, feet or other body parts of the client so that the skin touches the material. Make sure the client touches the material when he moves.
- Ensure there is sufficient contrast between the object and the surface it is placed upon (e.g., don't place a flannel pillow cover on a flannel bed sheet).
- Leave the material where it is and wait for the client to move and touch it.
- Stimulate the client to move if he does not do this on his own. You can also help him to move.

2-4

- Place cushions or fabrics with textures around the client; that way he can search for them in order to feel them.
- First explore a cushion, fabric or blanket together and then look for an identical texture in the room.

4-6

- First explore a cushion, fabric or blanket together and then look for an identical texture in the room.
- Partially hide a blanket with texture behind a cushion and stimulate the client to look for the blanket.

Points for observation and focus

- Observe what is the client's natural movement pattern: does he, for example, always fidget with his fingers, does he kick his left leg back and forth or does he turn his head? If so, place the materials near the body parts that he tends to move so that they will be touched.
- Observe whether you notice any reaction, even if just a very small reaction, when a body part touches the material.

Alternative materials

- Various types of cleaning cloths with ripples, dots or different types of fabric
- Various types of placemats. Vary between materials, such as plastic, wood or fabric, and different textures.
- Another option is different types of coasters and mats for cups and pots. Be careful that the client does not hurt himself.

Can also be used in the categories

- Tactual exploration (TE)
- Figure-ground perception (FG)