

Touching and perceiving

Touch sensitivity



Activity: Exploring sensory boards

You can buy or create sensory boards from cardboard, synthetic grass, fabric with studs, smooth materials, wood or iron. Choose a material without any distracting details, such as fluffy fabric or antennas.

Set-up of the activity

0-2

- Let the client explore the sensory boards with his hands and/or feet.
- First let the client explore the sensory boards by himself. He can do this at the table, on the wheelchair tray or on the floor.
- For clients in a wheelchair, make small sensory boards that you can place on the tray or table.

2-4

- Check whether the client prefers certain sensory boards; he may start to touch them or push them away.
- Guide the client in walking over the boards. First let him do this with socks and then barefoot.
- If possible, let the client arrange the boards one after the other to create a track. You can also do this together.

Points for observation and focus

- Make sure that the boards cannot move when a client walks over them; use anti-slip mats.
- Observe how the client explores the boards. Does he explore just a small part, the edge or the transition from the edge to the bottom?
- Always notice signals of tactile defensiveness. Do not force someone to touch something or walk over something if he finds this unpleasant.
- Check which boards the client prefers.

Alternative materials

- Sensory boards or tactile blankets on the wall

Can also be used in the categories

- Noticing (NT)
- Tactual exploration (TE)