

Touching and perceiving Noticing



Activity: Touching with feathers

Set-up of the activity

Collect feathers and put these in a small box.

0-2

- Touch body parts of the client with the feathers or stimulate the client to do this himself.
- Combine this with other tactile material and check whether the client notices this.
- Brush the client's arms and cheeks with a feather using the hand-under-hand method. Let the client be in charge.
- Name the body parts that are touched.

2-4

- Let the client take a feather from the box and touch a body part with it.
- Check whether the client can blow away the feathers. Let him experience that objects that are heavier than feathers cannot be blown away.

4-6

- Use tactual language. For example, ask how something feels. Use terms such as "hard", "soft", "sharp", "light" or "heavy".
- Explain that the feathers come from a bird or a chicken.
- Let the client look for all the soft feathers and one feather that is harder.

Points for observation and focus

- Be aware of tactual hypersensitivity. The feathers might be experienced as ticklish or too ticklish. Feathers with sharp shafts can startle the client.
- Be aware of tactual under-responsiveness. The feather might be too light to be noticed.
- Observe how the client initiates exploration.
- Observe how the client reacts when you – or you and him together – touch his body with the tactile material.

Alternative materials

- Vary between feathers of different sizes. Larger feathers often have a harder shaft and are easier to grab/hold.
- Ribbons, scarves
- Footballs
- Brushes or a feather duster
- Wooden, metal or plastic sticks
- Materials from nature

Can also be used in the categories

- Body awareness (BA)
- Touch sensitivity (TST)