

## Touching and perceiving

# Touch sensitivity



### Activity: Feeling furniture

There is much that can be explored in furniture in the home and at school, both with regard to material and details. Stitching on a couch or chair can be traced with the fingers. In chairs, you can feel the transition from the fabric seat to the wooden frame. Chairs sometimes also have details on the legs.

### Set-up of the activity

0-2

- Let a client move through the room so that he encounters the pieces of furniture on his own.
- Find and explore the pieces of furniture together with the client if he does not yet move independently or is limited in his movement.
- First find and explore the furniture together with the client and then stimulate him to do this by himself.
- First let him explore large, familiar furniture and then smaller, unfamiliar ones. For example, a metal chair or a chair with a plastic woven backrest and a closet door with a design or a carved/recessed wooden door.

2-4

- State the name of the furniture and what it is used for.
- Name the textures that the client feels or the elements of the furniture.

### Points for observation and focus

- Carefully examine what is the best way to position a client next to pieces of furniture when he has limited motor skills.
- Observe whether the client initiates exploration of whether he needs more stimulation with the caregiver in his proximity.
- Observe whether the client seems anxious while exploring the furniture. Take into account the possibility of tactile defensiveness.
- Observe whether the client prefers certain materials.

### Alternative materials

- Doll furniture for the age category 4-6.

### Can also be used in the categories

- Tactual exploration (TE)
- Recognising (RC)