Modifications:

- if the child is fearful, begin with a tunnel with support coils
- or have the child stand and pull the tube up around himself
- help the child cover himself leaving his head out
- may also be used as a "tight wrap"

T2
Tactile

180

T2

Intensity Level

Level of Difficulty

Cocoon Crawl

Tactile Activity 2

Cocoon Crawl

Instructions:

- Have the child creep (with control!) into the cocoon or tunnel made of fabric.
- The instructor or another child must hold the tunnel open and pull against the pressure of the child crawling through.

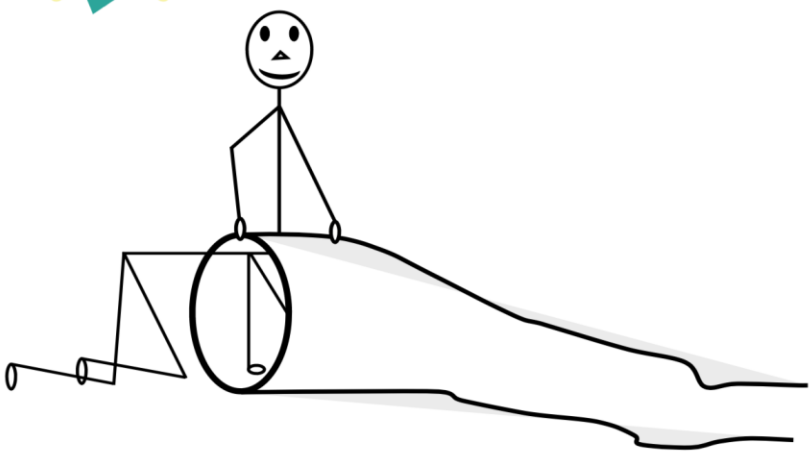
Performance Objectives:

- Experience full body tactile stimulation
- Increase input to improve awareness of movement
- Assist in decreasing tactile aversion
- Improve locomotor coordination
- Increase upper arm and shoulder strength

Further Suggestions:

- The tunnel should be a least four yards long.
- A Hula-hoop may be sewn into the opening to help hold the fabric open.
- If the tube does not provide enough resistance, the fabric may be doubled or one tube can be placed inside another for varying resistance.
- The child can crawl on his stomach, pulling himself forward in a hand over hand commando crawl.
- The child can push a ball through the tunnel in front of himself.

Pre-K Approved



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