Modifications:

None

Tactile Activity 3

Swim and Dry

Instructions:

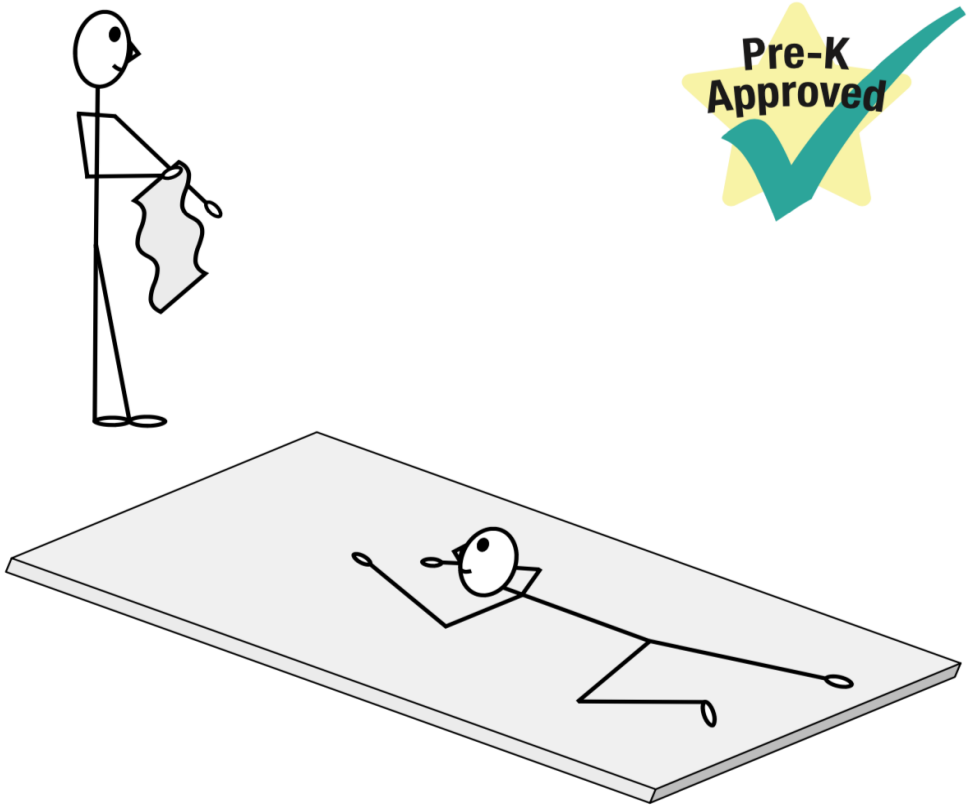
- Have the child "swim" across a mat or taped off area on the floor designated as the "river".
- Have him crawl in a commando or military-type crawl.
- When he reaches the other side, have him get "out", and using the "towel" provided, dry himself off.
- "Towels" may be terry cloth, lycra, silk handkerchiefs, a ball of yarn, sponges, knobby balls, etc.
- He should briskly rub and dry off his hands, feet, neck, arms, and legs, if clothing allows.

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:

- Do not force this strong sensory stimulation on a child who seems defensive or withdrawn. The instructor should only encourage.



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