**Modifications:**

None

T4
Tactile

182

## Tactile Activity 4

# 'Ball Buddy' Body Roll

### Instructions:

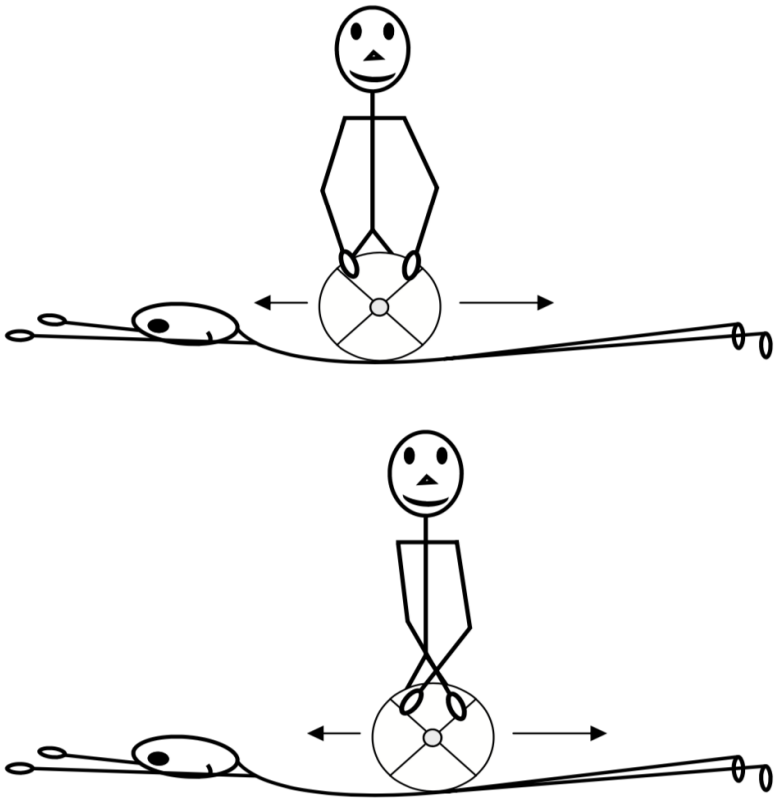
- Have the child roll a soft ball over the back of a partner's body.
- Have him use a hand-over-hand motion, including a crossing of the arms in a slow and controlled manner. He should be following the ball visually.
- Pressure is applied with the ball to the person on the floor, beginning with the fingertips of one hand then moving down the arm, back, hips, and leg toward the toes of the same foot. Moving to the toes of the other foot, have the child repeat the pattern in reverse.
- Have the child start again on the opposite hand and repeat the pattern twice.
- Switch partners and repeat.

### Performance Objectives:

- Experience full body tactile stimulation
- Promote body image
- Facilitate motor control and hand/eye coordination for the active partner

### Further Suggestions:

- For a younger child, limit the activity to rolling the ball up and down his partner's back.



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T4

Intensity Level

Level of Difficulty

'Ball Buddy' Body Roll