Modifications:

None

Tactile Activity 5

Finger Ball Roll

Instructions:

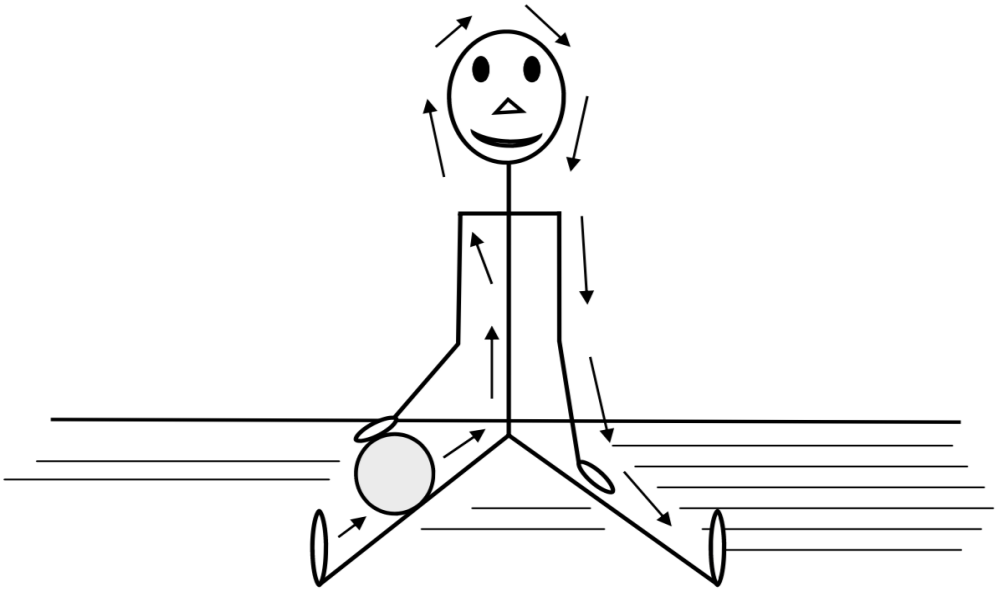
- Have the child long-sit on the floor with his legs spread apart.
- Using a soft 5"-9" ball, have him place the ball near his right foot with his right hand.
- With control, have him roll the ball using only his fingers over his leg, up the side of his body, over his shoulder, then his head, and then down the opposite side of his body toward his opposite foot.
- Have him hold the cross-arm/legged position for a few seconds.
- Have him change hands and use the same rolling pattern to return to the starting foot.

Performance Objectives:

- Experience full body tactile stimulation
- Improve tactile and proprioceptive awareness of pressure
- Enhance motor control
- Improve body image and spatial awareness

Further Suggestions:

- The same process can be done in standing from ankle to ankle.
- For an older child, try the activity with a smaller ball, such as a tennis ball.



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