



ACTIVITIES TO IMPROVE TACTILE AWARENESS

SUGGESTED ACTIVITIES:

- Bear hugs, back rubs and body massages.
- Toweling down with brisk, firm strokes after bathing or swimming.
- Wrapping up in sheets or blankets.
- Lotion on arms, legs, hands, feet, stomach; use firm rubbing motions.
- Walk barefoot on many types of surfaces.
- Play with “messy” things.
- Play on textured areas: carpets, blankets.
- Finger paint.
- Bake cookies and practice shaping dough.
- Play in sand.
- Make shapes with playdough.
- Play with Legos.
- Write on a blackboard with chalk.



Tactile Stimming

Stimming Behavior	How to Address Behavior
Scratching	Bumpy Toys Deep Pressure Massage or Vibrating Massage Fidget Toys Rubbing Textured Items Against Skin
Rubbing Skin	Providing Various Textured Objects/Surfaces (i.e. Playdoh, Slime) Applying Lotion
Tapping or Rubbing on Objects	Weighted Blankets Applying lotion Playdoh/Slime Heavy Work Activities
Grinding Teeth	Vibrating Toothbrush Chewing Gum

**Please be mindful that there are self-stimming behaviors that are not injurious to the child. Stimming behaviors are normal and should only be redirected when necessary or injurious to self.

