



Remember sensory processing is complex.  
Its different for every child (& adult) because everyone is unique!

And more importantly there is never a 'wrong' way to be!!

**Specific Advice:**

**Potential Careers :-)**

- Textile industry
- Physiotherapist
- Hairdresser

Name:

**If you have any queries please contact your therapist.**

Our details:

Therapist name:

**Children's Therapy**  
Oaks Building  
Kendray Hospital  
Doncaster Road  
Barnsley  
S70 3RD

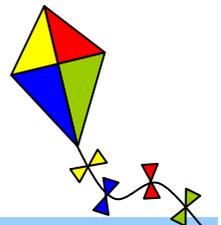
Telephone: 01226 644396

**These activities should be carried out in a safe environment and supervised by a responsible adult.**

# Tactile



# Seeking



What do we mean by tactile seeking?

‘Someone who looks for MORE touch experiences from everyday life’

Does your child....

- Pick up/ touch everything
- Like specific fabrics & want to feel them
- Still lick, mouth, chew objects
- Concentrate better when fiddling with toys
- Wants tight hugs
- Squeezes into tight spaces/ wardrobes
- Always seem dirty

For those individuals who ‘seek’ specific sensory information, the aim is to **increase the intensity** of specific sensory experiences within daily activities.

Try increasing the variety of textures, weights & resistance within everyday activities to make experiences more concentrated  
Ideas to try.....

Fine Motor

- Finger painting , play doh with added textures (such as glitter/ sand/ etc.) make letters for spellings, draw/play in sand / soil etc.
- Add textured strips to pencils to feel as writing
- Put sand paper under paper to give more feedback when writing/drawing
- Use a vibrating pen to colour and write with

Dressing

- Try tighter fitting underclothes to increase body awareness
- May like specific textured clothing (rough, silky, fluffy etc.)
- Try textured socks

Concentration

- Fiddle toys (with lots of texture)
- Guess the hidden object – small objects in a pillow case.

Grooming

- Massage/ body rubs
- Trial a variety of wash cloths/ body scrubs

Things to make ....

- Texture keyring - Make a key ring with several pieces of ‘preferred’ fabric on to keep in their own pocket
- Treasure basket (filled with a whole variety of textured toys, everyday objects & fabrics)
- Make a barefoot walk way on different surfaces : indoor - sandpaper, artificial grass, bubble wrap. Outdoor - sand, mud, grass, pebbles etc.

Textures to try....

- Hard/ Rough - sandpaper, lino, cork, net
- Soft/ Smooth - fur, velvet, silk, brushed cotton,