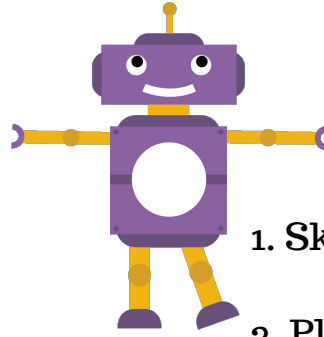


10 Ways To Improve...

...Tactile Seeking Behavior

1. Skin brushing
2. Tactile bins such as rice or beans
3. Heavy work play
4. Calming proprioceptive activities: jumping, climbing, pushing and pulling
5. Provide a textured fidget
6. Playing in water, add bubbles or soap for different input
7. Finger painting with paint, or sand/salt tray
8. Help with kitchen tasks
9. Use different sponges, loofas, or washcloths at bathtime
10. Outside play



...Tactile Avoiding Behavior

1. Skin brushing
2. Playing dress-up with different fabric textures
3. Playing with slime, play dough, putty (starting with more preferred textures and working to more difficult)
4. Sandbox
5. Rice or bean bin- may use tools if having difficulties touching
6. Helping in the kitchen-kneading dough, making cookies
7. Playing in water, use cups to scoop if needed
8. Bubbles
9. Shaving cream
10. Buttons, feathers, craft box play

*Offer 'tools' (spoon, shovel) to scoop or play with item, or wear gloves until able to tolerate input