

Tactile Sensory Activity Ideas

Children require different sensations to develop their sensory systems. Some children may need extra input. Here is variety of suggested toys and materials that provided specific **tactile** input. You can add your own ideas.

	<p>Squishy mesh ball fidget toy. Gel filled rubbery ball changes shape as you squeeze.</p> <p>www.sensorydirect.com</p>
	<p>Electromites spikey light up fun ball. Squeezable light up rubbery balls.</p> <p>www.specialdirect.com</p>
	<p>No mess play foam pack of four. Mess free doesn't stick to hands. Can be shaped and moulded.</p> <p>Theraputty can be squeezed stretched, twisted or pinched. Different resistances available</p> <p>www.sensorydirect.com</p>
	<p>Hedgehog sensory ball. Designed to stimulate touch and massage muscles of the body. Can also be used for grip and finger exercises</p> <p>www.sensorydirect.com</p>
	<p>Why not make your own 'feely' bag using different textures and temperatures, e.g. cotton wool, pasta, pine cones, ice lolly, hand warmers</p>
	<p>Everyday items from around the house can also be used such as brushes, scourers, fur, bubble wrap and other materials</p>

