

Touch Fabrics

Purpose: The purpose of this activity is to help the child refine his sense of touch, to develop discrimination of texture beyond merely rough and smooth, to develop control over the hands and arms, and to stimulate the child's interest in tactile experiences in general.

Directions: The child will begin by washing his/her hands as well as massaging their fingertips by rubbing them gently and relax their wrists by shaking them loosely. They will start with the roughest square of fabric, holding it while they stroke it the fabric slowly and lightly from top to bottom. They will then do the same thing with the smoothest piece of fabric. They will then match the fabric squares that are the same texture. Once the child has mastered the two extremes, they will be introduced to one of the middle pair – mixing up all six squares and matching the three pairs by stroking them. Once the child has mastered the three pairs, they will be introduced to the remaining fabric squares one at a time.



Extensions: Some extensions that can be performed are inviting the child to do the activity with their eyes closed/with a blindfold on; removing one square of each pair and grading the squares from roughest to smoothest or selecting a fabric square and finding a matching fabric somewhere in the room (someone's clothing, a curtain, etc.).

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