



Sunshine Coast Occupational Therapy Inc.

Paediatrics, Geriatrics & Ergonomics

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LIGHT TOUCH

The tactile system (sense of touch) is important in functioning in daily life. It helps to organize discriminate and protect. Light touch pressure can help to increase a child's ability to discriminate different types of touches.

Suggested Activities

- Finger paint (can also use pudding and whip cream)
- Shaving cream
- Playdoh
- Light stroking
- Beans, rice, flour
- Styrofoam pieces
- Koosh ball
- Putting on hand lotion
- Spray powders or spray talcs
- Silly string
- Crazy foam
- Guessing letters drawn on back
- Feely box (rice, beans, etc., in a box with different shaped objects inside it)

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