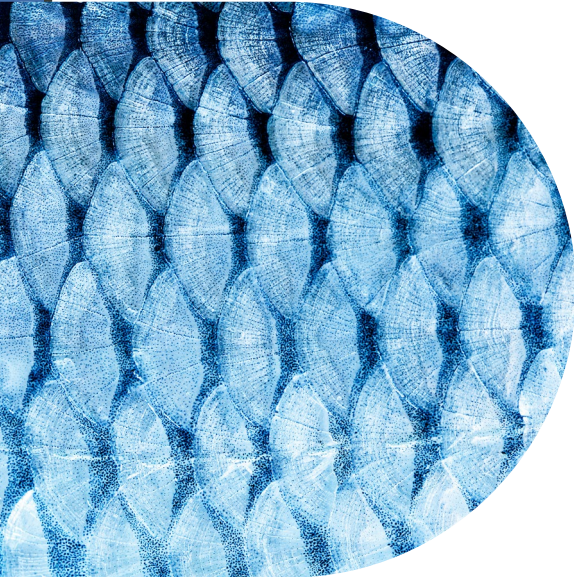


# TOUCHING TEXTURES

DISCOVERY PLAY ACTIVITIES WITH YOUR YOUNG CHILD

Every child is different, and these are only suggested adaptations and activities. Do what works best for encouraging your child's independent exploration during this suggested play activity. Consult your pediatrician, physical therapist (PT), and/or occupational therapist (OT) first.



**STEM Concept(s):** Structure & Properties of Materials, Engineering: Investigation, Classification & Data Analysis

Using our **five senses** is the way we take in lots of information about our world. Describing how things feel can be hard to describe without doing/showing, so take your child on a sensory hunt to gather items to make a texture board to help them communicate about **textures**. A blank template and a template with pictures are both included here, so you have options in case a sensory hunt for actual items is not possible.

**When gathering actual items to attach to the board, leave off food items, as they may spoil and get really yucky.**

## STEM IDEAS/WORDS

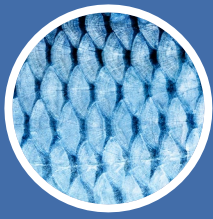
- Texture
- Structure/Form
- Properties of materials/Characteristics

## MATERIALS

- Rough textures (see following pages for examples)
- Smooth textures (see following pages for examples)

## OPEN-ENDED QUESTIONS

- *What do you know about things with a rough surface? A smooth surface?*
- *How does this feel versus that?*
- *What does this object feel like? What other things feel like this object?*
- *Close your eyes. What do you think this object is? How do you know?*



# TOUCHING TEXTURES ADAPTATIONS

DISCOVERY PLAY ACTIVITIES WITH YOUR YOUNG CHILD

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## ENVIRONMENT

- Use modified or flexible seating when exploring the textures
- Place textures on an anti-slip mat or in a container or tray within reach
- Introduce textures one at a time to help the child stay focused
- If your child is sensitive to some textures, provide them with gloves to wear so that they can experience those textures without being overwhelmed. Or have sticks or utensils available to "touch" the textures before the child does

## MATERIALS

- Have child's assistive technology ready and available, including augmentative & alternative communication (AAC) device
- For children with fine motor/grasping needs, consider using tools/assistive devices (e.g., grabber, reacher)
- Provide your child with visuals to support describing the textures they might feel. Consider laminating the board and/or cards (if using individually) or applying contact paper to the front and back of the board or cards.
- If using real-life examples, use tape or Velcro to attach the textured cues to corresponding pages in a storybook, to a visual schedule, or to a communication book. You can also punch a hole in the corner to attach to a ring to take it outside with you. Some textures may need to be sealed in a clear bag before attaching.

## INSTRUCTION

- Use a variety of methods of communication (e.g., sign language, gestures) to meaningfully engage children
- Provide hand-over-hand or hand-under-hand assistance while exploring textures
- Model and demonstrate how to interact with textures
- Break the exploration down into smaller steps. First show the texture to your child. Then allow them to touch with one finger, describe what they feel, and then explore more if desired.



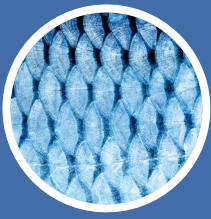
*Follow your child's lead and interests. Enthusiastically ask your child questions about what they are doing and what they like.*



*Answer your child's questions. If you do not know the answer, work together with your child to discover the answer.*



*Encourage your child to participate in the activity as much as possible. Praise your child's efforts and successes.*



# TOUCHING TEXTURES

# ROUGH VS. SMOOTH

DISCOVERY PLAY ACTIVITIES WITH YOUR YOUNG CHILD

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Rough Textures	Rough Examples	Vs.	Smooth Textures	Smooth Examples
<b>Bumpy/Lumpy</b>	Tree bark, bubble wrap, paper towel, hard dirt, rubber grip sheets, carpet, Legos	→	<b>Slick</b>	Mineral oil, lotion, hair gel
<b>Coarse/Gritty</b>	Emery board, chalk, moon sand, nail file	→	<b>Fine</b>	Dust, flour
<b>Crunchy/Brittle</b>	Brown fallen leaves, bugs	→	<b>Mushy/Squishy</b>	Playdough, clay, stress ball
<b>Dry/Flaky</b>	Sticks, saw dust, rust	→	<b>Wet</b>	Water, paint
<b>Floppy/Bendy</b>	Paper clip, rubber band, packing peanuts	→	<b>Stiff</b>	Popsicle stick, pencil, porcelain, or ceramic plate
<b>Hairy/Furry</b>	Faux fur, pet hair clippings	→	<b>Glossy/Shiny</b>	Aluminum foil, glitter, mirror
<b>Hard</b>	Brick, rock	→	<b>Soft</b>	Tissue, feather, cotton balls
<b>Holey/Spongy</b>	Lace, sponge, loofah, steel/scour pad, net	→	<b>Solid</b>	Plastic, metal, glass
<b>Prickly/Spiky/Bristly</b>	Pipe cleaners, pinecone, hairbrush, comb, Velcro, glittery pom-poms	→	<b>Velvety</b>	Velvet, faux flowers, felt, stuffed animal
<b>Ridged</b>	Corrugated cardboard, paper plate, corduroy, seashells	→	<b>Flat</b>	Paper, fabric, cloth, leather
<b>Sandy</b>	Sand, sandpaper	→	<b>Slimy</b>	Slime, Oobleck, goop, worms
<b>Scaly/Scratchy</b>	Burlap, snakeskin, wool, rope	→	<b>Silky</b>	Silk, satin, ribbon
<b>Sharp/Pointy</b>	Rocks, shark teeth, pencil tip, end of a stick	→	<b>Dull</b>	Pebbles, eraser, frisbee
<b>Sticky</b>	Tape, gel, contact paper, glue (when wet)	→	<b>Slippery</b>	Wax, soap, wet floor (be careful!), ice
<b>Wrinkled/Crinkled</b>	Balled up paper, dirty clothes, plastic wrap	→	<b>Unwrinkled</b>	Freshly ironed clothes, opened umbrella





**Bumpy/Lumpy**



**Slick**



**Coarse/Gritty**



**Fine**



**Crunchy/Crispy/Brittle**



**Mushy/Squishy**



**Dry/Flaky**



**Wet**





**Hairy/Furry**



**Glossy/Shiny**



**Hard**



**Soft**



**Holey/Spongy**



**Solid**



**Prickly/Bristly/Spiky**

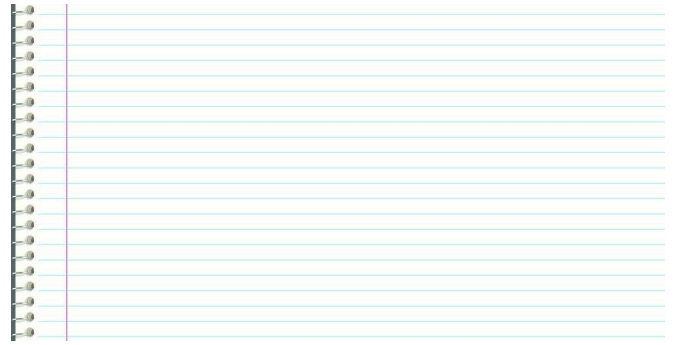


**Velvety**





**Ridged**



**Flat**



**Sandy**



**Slimy**



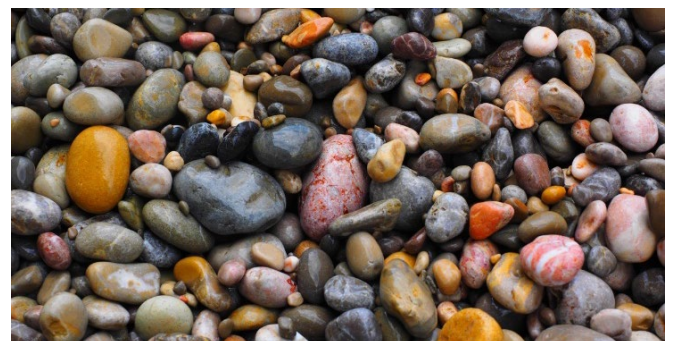
**Scaly/Scratchy**



**Silky**



**Sharp/Pointy/Rocky**



**Dull/Matte**





**Sticky**



**Slippery**



**Floppy/Bendy**



**Stiff**



**Wrinkled/Crinkled**



**Unwrinkled**



**Bumpy/Lumpy**

**Slick**

**Coarse/Gritty**

**Fine**

**Crunchy/Crispy/Brittle**

**Mushy/Squishy**

**Dry/Flaky**

**Wet**



**Hairy/Furry**

**Glossy/Shiny**

**Hard**

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**Dull/Matte**



**Sticky**

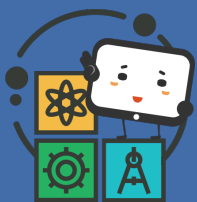
**Slippery**

**Floppy/Bendy**

**Stiff**

**Wrinkled/Crinkled**

**Unwrinkled**



## TOUCHING TEXTURES

# ADDITIONAL ACTIVITY IDEAS

DISCOVERY PLAY ACTIVITIES WITH YOUR YOUNG CHILD

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- Visit a petting zoo
- Recycle a tissue box and fill it with different textured fabrics and cloths
- Fingerprint on bubble wrap
- Cut a hole in a closed box and put in different things and guess what they are by feel only
- Check out these great books about textures:
  - *Textures: Touch, Listen, & Learn Features Inside!* by Kate Wilson
  - *Shake Touch Play* by Make Believe Ideas & Annie Simpson
  - *Tails* by Matthew Van Fleet

