



Tactile Seeker Support

The rule of thumb for tactile seekers is the more tactile input the better! The proprioceptive system and the tactile system are intricately linked, so providing your tactile seeker with “heavy work”/ proprioceptive activities will help keep his nervous system regulated.

Tactile ideas:

- Stock up on finger paints, play doh, kinetic sand, slime, putty- anything gooey, squishy or messy!
- Turn your water table into a sensory table by filling it with different textures- sand, mud, shaving cream, dried rice and beans etc.
- Try to do tactile activities that engage the entire body- swimming, ball pits, playing in sprinkler, slip n slide
- For story time, use touch and feel books
- Have a good old fashioned pillow fight
- Provide crunchy and chewy snacks
- Give lots of oral-motor input- chewy necklaces, straws, bubbles
- Create a "fidget box" with fidget spinners, stress balls, rubix cubes etc.
- “Burrito roll”- roll your child up like a burrito in different textured blankets
- Sand play
- Ball pits
- Provide as many "heavy work" activities as possible!

Heavy Work/ Proprioceptive Input Ideas:

- Jumping jacks
- Jumping on a trampoline
- Bouncing on a therapy/yoga ball

- Dancing
- Climbing
- Hanging
- Sliding
- Riding a bike, scooter, skateboard
- Vacuuming
- Chewing (chewy tubes, gum, crunchy snacks)
- Drinking out of a straw
- Digging
- Pushing or pulling heavy objects
- Obstacle course
- Wheelbarrow walking
- Animal walks (crab walk, bear crawl, frog hopping)
- Crashing (jumping off mini trampoline onto crash pad)
- Drinking something cold
- Scooter board
- Sit n spin
- Rotary swinging (*Note- for kids who have over-responsive to vestibular input, this can be
- over-stimulating)
- Crawling through a tunnel
- Rough-housing
- Jump rope
- Push-ups
- Banging on drums
- Throwing or kicking a ball
- Whistling, blowing bubbles, blowing through a straw
- Playing with textures (finger painting, shaving cream, kinetic sand)
- Log rolling