

Tactile Play

Tactile play is important for exploration and learning about the world through our touch sense! It helps us recognize how different textures feel and can be a fun and playful way to engage or learn about textures that a child may be sensitive to. One of our favorite ways to do tactile play is through sensory bins!

By: Nicole Boudreau and Ally Tieuli

1

Rice:

Scoop and dump rice into different containers.



2

Flour:

Drive a car through the flour to make a road.



3

Shaving Cream:

Hide small toys or treasures for your child to find.



Sensory Bin Tips

- If your child is more sensitive, start with dry textures.
- Have a towel ready for wet texture exploration so your child can wipe their hands as needed.
- Never force a child's hand into the bin, they will do it when they feel ready.
- Have fun and use your imagination!

