



TACTILE WALK

Materials you need:

1. 6 × A4 size pieces of card
2. Glue
3. A selection of different textured materials e. g. wool, Silk, hessian, leaves, bubble wrap, cellophane, feathers, bark etc.
4. Blue Tack

Setup for play:

- Glue the textured materials to different cards.
- When dry set up as a path indoors or Outdoors.
- Secure to the floor with some tape or the blu-tack to avoid slips and trips.
- Encourage children to remove their shoes and walk along the 'path'.
- Does that one feel hard or soft? Do you like how that feels on your foot?
- What texture step is your favourite?
- What else would you like to add to our pathway?

What are they learning with this activity?

As the children walk over the path, touch and interact with different textures they are learning to:

- Explore, infer, predict and problem solve
- Develop new vocabulary and language skills
- Use descriptive language to name what they are touching and feeling.
- Use their senses to explore and choose natural materials.
- Use their senses to explore the natural environment.
- Challenge their sense of touch and sensory processing.
- Listen to and follow directions.

- Coordinate and strengthen their large muscles as they bend, stretch, turn and jump the path.
- Classify, sort by category and group items together by similarities, patterns and differences
- Use their upper body dexterity as well as balance and coordination skills

Extending the play:

- Trace around children's feet on some thick card then lay out the footprints as a path to Follow. Can you find the biggest foot / smallest foot?
- Provide a basket of adult shoes in different sizes and styles for the children to try on and walk around in.

