



Benefits

Tactile tubs can be used to give children deep sensory input.

They can be used to develop awareness of hands and feet.

Tactile tubs give children with oversensitive haptic systems, a safe way to develop greater tolerance of input.

Tactile tubs give children a safe way to explore and experiment

Materials

1. large sturdy tub of a single colour
2. Rice, pulses, cereals and other smooth textures, edible and safe materials can be used

Preparation

1. Place the tub in a quiet, secure corner.
2. Fill $\frac{1}{3}^{\text{rd}}$ or $\frac{1}{2}$ the tub with the material to be used.

Activities

1. Sit in or out of the tub and move hands or legs in it.
2. Stand in the tub and find things with the feet and toes.
3. Sift through the material to find hidden objects,

Precautions

- Tactile Tubs should be used only under supervision.
- Remove the child **at once** if the child gets anxious, fearful, overexcited or very silent while playing in the tub.
- Do not extend the activity for more than an hour