



# Tactile Walk

## Benefits

Tactile walks give children deep sensory input to the legs.

They can be used to develop awareness of changes in texture under the feet.

Tactile walks can be used to develop orientation skills in children with vision impairment.

*Tactile walks are creative and easy ways to build awareness,*

## Materials

1. Mats of different material such as cloth, coir, rubber and plastic
2. Shallow plastic trays filled with different materials such as water, sand, feathers, cloth, leaves, petals and so on

## Preparation

1. Create a path using only the trays, only the mats or both depending on the level of attention and involvement you want from the children
2. Place textures that are very different next to each other.
3. Ideally the path should take children from one activity to the next or one room to the other. It can also be set up in the corner of a room or play area so that it is an activity in itself.
4. If you are using trays and mats on the same path, the children will have to pay attention to negotiate the changes in levels.

***Children need to be supervised while using the tactile walk!***