



The Tactile System

The Tactile System is our sense of touch. Our skin gives us information about pressure, texture, pain, and temperature.

Quick Wins

MESSY PLAY

Activities like finger painting, playing with food, and making slime provide input to the tactile system.

SENSORY BINS

Playing in dry rice, dry beans, or dry pasta is a great way to engage the sense of touch and get kids' interest.

SWIMMING & WATER PLAY

Water is a sensory powerhouse because it targets the tactile, proprioceptive, and vestibular systems.

FIDGET TOOLS

Fidget tools made from various textures and materials often work well for kids who need to touch/manipulate objects to attend.