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Four Rivers
Special Education District

Student:_____ School/Teacher: _____Grade: ___ Data Date Range:_____

Directions: Choose at least one intervention in the area of difficulty. Implement a minimum of 3 times per week for 4 weeks. Put a "+" if the trial made a positive impact in the classroom. Put a "-" if there was no change in the classroom.

Email OTTherapy@frsed.org for any further questions.

Strategies for TACTILE SENSITIVITY Tactile relates to the sensations of pressure, pain, temperature, and the sense of touch.	1	2	3	4	5	6	7	8	9	10	11	12
Draw in various textures (ie shaving cream, pudding, play dough)												
Add rice or sand to finger paint or other "soft" textures												
Apply hand lotion and hand massage prior to less desired tactile tasks												
Present items in rice tubs, theraputty, bean bins etc												
Draw shapes, letters, numbers on the student's back and have them guess what you drew												
Draw with crayons on different textures (ie sandpaper, corrugated cardboard)												
Offer Koosh or squishy stress toys/balls												
Kinetic Sand												
Make your own tactile items, like color and/or scented dough, slime, etc												
Allow student to use tools like paintbrush, craft stick or utensil to touch less desired texture												
Assign classroom chores that require heavy work (ie carry heavy books, wash tables, push in or stack chairs)												