



## Sunshine Coast Occupational Therapy Inc.

*Paediatrics, Geriatrics & Ergonomics*

6840 Seaview,  
Sechelt, BC  
V0N 3A4

*email:* [crowan@suncoastot.com](mailto:crowan@suncoastot.com)

*website:* [www.suncoastot.com](http://www.suncoastot.com)

*Tel:* 604-885-0986

*Fax:* 604-885-0389

*Cell:* 604-740-2264

### LIGHT TOUCH

The tactile system (sense of touch) is important in functioning in daily life. It helps to organize discriminate and protect. Light touch pressure can help to increase a child's ability to discriminate different types of touches.

#### Suggested Activities

- Finger paint (can also use pudding and whip cream)
- Shaving cream
- Playdoh
- Light stroking
- Beans, rice, flour
- Styrofoam pieces
- Koosh ball
- Putting on hand lotion
- Spray powders or spray talcs
- Silly string
- Crazy foam
- Guessing letters drawn on back
- Feely box (rice, beans, etc., in a box with different shaped objects inside it)

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