

I-Tactile 3 Unfolding Digits 1

Purpose: To help integrate the palmer reflex

Numbers: Individual

Resources: None



Integration play

- Adult - the children are going to open and close the hands to a rhythm that you set - 'slowly open for 1, 2, 3,4 hold, now slow close into a fist, 1,2,3,4 etc.).
- Lie on the floor with your hands flat on your tummy. Push the flat hands onto the tummy and now close them to make a fist, always pushing down on the tummy.
- Repeat this a few times - using the same rhythm. Now move your hands to your shoulders (cross them over) and repeat. Move to the legs, then feet, top of head and ears.

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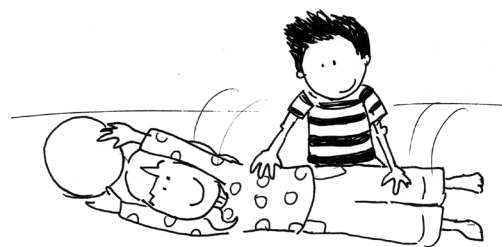
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I-Tactile 4 The Human Rolling Pin 1

Purpose: To gain confidence in physically connecting with other people

Numbers: Pairs

Resources: Floor space, mats and a small soft ball to hold



Integration play

- In pairs sit by your mat. One child starts first and rolls from one end of their mat to the other and back again. Now your partner can have their turn. Repeat this activity 4 or 5 times.
- One of you now lies down on your back and holds the ball with both hands above your head. Together with your partner try and roll across the mat and back without dropping the ball.
- Swap over and have another go. Repeat 4 or 5 times

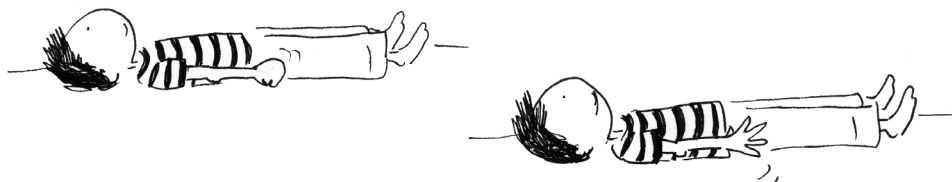
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I-Tactile 3

Modification and Expansion

- Sitting up and watching the hands open and close.
- Lying down with hands on the floor – opening and squeezing.
- Close one hand into a fist and wrap the other hand over it. Gently open the fist using all the fingers evenly.



Teaching/Observation Points

- ☺ No tension in the neck or shoulders – the hands do all the work.
- ☺ Feel the fingers opening and spreading over different parts of the body.
- ☺ Hands to move slowly from fist to being fully opened.

I-Tactile 4

Modification and Expansion

- Do this activity in pairs
- Wrap the rolling pin tightly in a blanket and roll them.
- Have a rolling pin race against other teams



Teaching/Observation Points

- ☺ On the 1st part the rolling pin needs to be really floppy.
- ☺ When rolling, one person takes the shoulders and the other the hips.
- ☺ 360 degree rolls at least with changes of direction.