

JABADAO

building sensory foundations touch

starting points to kickstart the games children find for themselves. All designed to give lots of whole-bodied tactile experience

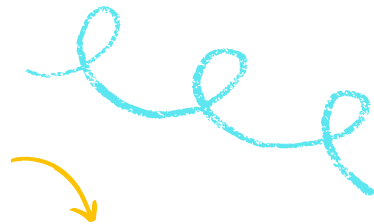
Rolling ...

- Clear an empty space to make a rolling track
- Roll along it one by one
- Roll down it in pairs - holding hands
- Make a rolling track of cushions and pillows
- Put different things around the floor for bodies to roll over (increases the tactile information bodies have to process). Bubble wrap, carpet squares, pillow cases with beans in, egg crafts, cushions that make lumps, smooth cool fabric and slightly prickly fabric

Rolling - because of all that contact with the floor - is a fabulous workout for the touch sense. The different textures in some of this play creates even more developmental body work

Lycra Tunnel

- Child crawls inside and right through
- Hide things in the middle for them to go in and find
- Put jigsaw pieces at one end and the board at the other, and invite child to crawl through to get each new piece



SAFE, COMFORTABLE & HAPPY BODIES
Children know how they feel in their body. Always stop if they say stop; and let them direct how the play unfolds

Cushions & Pillows

- Pillow fights create huge amounts of tactile information and touch sense practice; child says where on their body, and how hard, they can be thwacked - unbreakable rule
- Build a mountain of cushions, climb to the top and roll down

Squash

- Child lies on the floor, adult rolls a ball up and down their body squashing them a little - following their instructions about how much pressure to give

