

Sensitizing Fingertips

A Practical Life exercise used with tactile materials like sandpaper letters and numbers. This exercise is for development of the tactile sense for textures; it is a preparation to discriminate fine differences in texture.

It helps the child to develop muscular control for lightness of touch, as a preparation for writing.

Materials:

- Source of warm water
- Small tray
- Small pitcher
- Small bowl
- Small towelettes (rough in texture). It can be a terry cloth or natural sponge.

Presentation:

1. Invite the child.
2. Bring the tray to the table.
3. Unload the tray.
4. Ask the child to fill the pitcher with warm water.
5. Pour water into the container.
6. Insert both hands.
7. Place both hands over the towelette and dry fingers back and forth several times, alternating hands.
8. Pour out the container.
9. The child fills it again and takes his turn.