**Tactile Avoiding Behaviors**

* Avoids Certain Textures or Clothing
* Avoids or dislikes messy play
* Distressed by certain clothing such as tight pants, seams in socks, and new textures
* Extremely ticklish
* Dislikes getting face/hands washed
* Avoids hugs or physical contact
* Fearful of large crowds
* Anxious or overexcited over light touch
* Dislikes hair brushing, washing, or drying
* Picky eater
* May only walk on toes
* May refuse to walk barefoot

**Tactile Seeking Behaviors**

* Prefers Tight Clothing
* Always seems dirty/ messy
* Not aware of being touched by others
* High pain tolerance
* Low impulse control- seems to touch everything
* Craves vibrations
* Hurtful to other children: hitting, pushing, pinching
* Constantly touching things around them
* Dislikes hair brushing, washing, or drying
* May crave certain strong flavors such as sweet, salty, etc
* Constantly mouths objects

**Tactile Activities**

* Sensory Bins filled with rice, flour, beans, etc.

* Sensory Doughs such as playdough, cloud dough, moon sand, etc

* Finger Painting

* Tight Squeezes: Deep Pressure massage, hand squeezes, etc

* Squish Boxes: Surrounded by pillows

* Weighted Activities: vests, blankets, etc

*All information is merely a suggestion and should be used as a resource. Please consult with a certified OT before starting any sensory diet.