



# Tactile

## Cheat Sheet



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## 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