

## I TOUCH WITH MY HANDS AND SKIN.



We touch with our hands. Our sense of touch includes the skin on our entire body. It tells us if something is burning hot or freezing cold. This sense helps us know pain or pleasure, pressure, temperature, and texture. We explore and navigate our world through our sense of touch.

Do you know anyone who cannot wear wool or their clothes irritate them? Someone that cannot bear to touch grass? Someone that cannot touch meat?



Words found in Saltillo vocabularies support identification and communication about our sense of touch. These words include **rough**, **bumpy**, **scratchy**, **soft**, **hard**, and many more.



# FEBRUARY 2020

## Storytime

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

JANUARY 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MARCH 2020

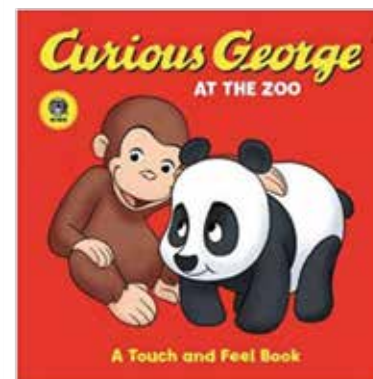
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

For bonus sensory regulation tips and activities, scan this code!



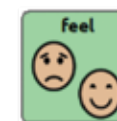
1

### Curious George at the Zoo by H.A. Rey Illustrated by Margret Rey



Explore your sense of touch with Curious George. This touch-and-feel board book explores textures that feel like a rhino's rough skin or smooth water. Curious George is hiding somewhere on each page. Can you find him?

Words to Model:



## Let's Get Crafty!

Use your sense of touch to explore textures and describe how it feels.

How does it feel?



- Draw and cut out a hand.
- Write textures on the fingers
- Collect items with different textures. Some examples include:
  - soft** – pom-pom, cotton ball
  - rough** – sand paper, nail file
  - smooth** – playing card, cellophane
  - bumpy** – macaroni, bubble wrap
  - hard** – coin, rock
- Ask “how does it feel?”
- Attach the item to the matching finger and texture.

2	3	4	5	6	7	8
Groundhog Day						
9	10	11	12	13	14	15
					Valentine's day	
16	17	18	19	20	21	22
	President's Day					
23	24	25	26	27	28	29

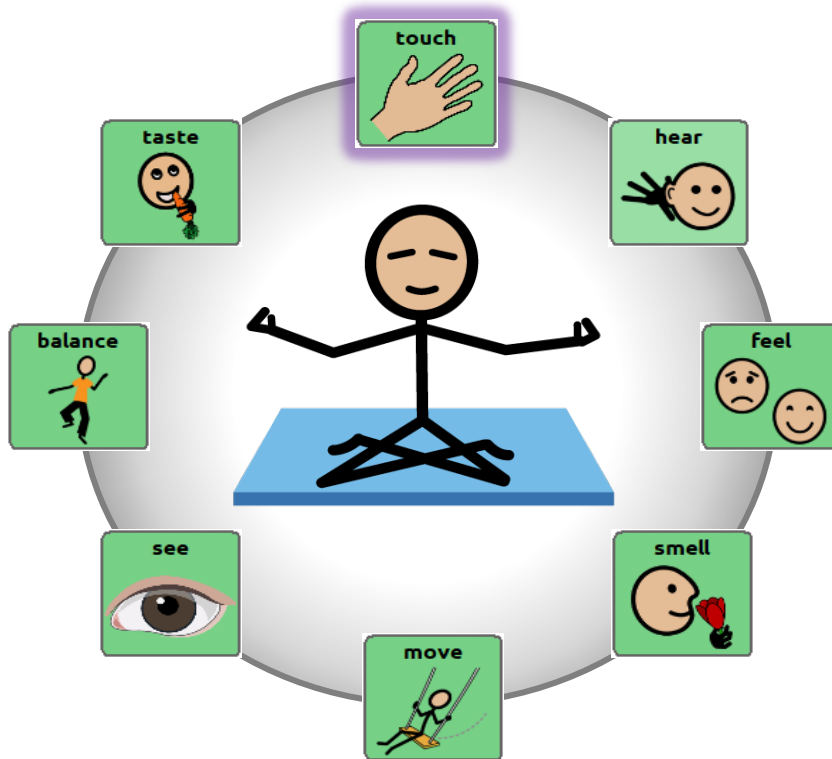


# Sensory Practice Sentences

## Practice sentences for Sensory Seekers and Avoiders- February- I touch with my hands and skin.

Every person handles sensory input a little differently. Use these practice sentences and learn ways to talk about and regulate sensory input. Some people, 'sensors and seekers', seek sensory stimulation. Other people, 'avoiders and bystanders' avoid it.

Are you a 'seeker'? Are you a 'by-stander'? Are you a mixture?



### SEEKER:

Term used to describe a person who looks for sensory stimulation. They may seek a certain type of input. Seekers may always want 'more'. They love sensation. While providing more input, it is important to keep routines in place.

### AVOIDER:

Term used to describe a person who avoids sensory input. Avoiders crave routines and order. They may not like new sensations and when a routine is changed may become anxious. An avoider may need a quiet place to go and language to help manage sensory overload.

Saltillo and TouchChat WordPower™ vocabularies support identification and communication about our senses.

The sequences presented here are examples found in WordPower60 Basic SS.



1-877-397-0178



info@saltillo.com



www.saltillo.com

# Sensory Practice Sentences

The January Sensory Practice Sentences offered some examples for each of the five senses. Each month, we will offer a few ideas for sentences that target one sense. The focus for **February** is **touch**. Give these sensory practice sentences a try!

February-I touch with my hands and skin.	
Active (Sensors and Seekers)	Active (Avoiders and By-standers)
<p>(BODY) Rub my head.</p>	<p>Don't touch me.</p>
<p>(BODY) I touch the (GROUPS&gt;NATURE) grass.</p>	<p>I don't like the (GROUPS&gt;NATURE) the grass.</p>
<p>I need a (SENSORY) squeeze.</p>	<p>I don't want that one.</p>
<p>I want to play with (SENSORY) water table.</p>	<p>I don't want to get wet.</p>