



TEXTURE CRAWL

Materials you need:

- Collect together materials that have interesting textures such as a bath mat, throw rug, microfibre blanket, silky scarf, velvet material scraps whatever you can find from around the house/centre/op shop.
- Open floor space or add to the sensory fun by taking this activity outside.

Setup for play:

- Arrange the textured materials on the floor or grass in a path.
- Get down low with the crawlers and together crawl across the textures using descriptive words such as smooth, bumpy, cool, rough, soft etc.
- After crawling over the materials a few times, rearrange them in a different order and go again!
- While doing the texture crawls change back and forth between fast and slow, have races, provide opportunities to practice pulling to stand skills on nearby furniture.

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What are they learning with this activity?

As the children crawl over different textures they are learning to:

- Listen to and follow directions
- Strengthen fine motor muscles and control
- Recognise symbols and how things can represent other things
- Coordinate and strengthen their large muscles as they crawl, race and turn
- Use their senses to explore and choose natural materials
- Use their sense of touch in different ways
- Challenge their sense of touch and sensory processing
- Explore and investigate through play.

Extending the play:

- Add some cushions, pillows and other props in between the textured materials to create obstacles and a more challenging path to crawl over.
- Add different textured natural materials to a few trays outdoors. Line them up on the grass and encourage babies to crawl through or toddlers to walk through with bare feet.

