

Ideas to Share

Textured Blocks



I play with many children that have sensory concerns. To ease the introduction I have made textured blocks. I cut pieces of lumber (4 inches width, 2 inches height, 5-6 inches length) and cover them with out door carpet. The out door carpet comes in red, blue, brown and grey. I use heavy duty staples to secure the carpet to the blocks. The little ones rub the blocks against the floor, scratch them together, rub their hands on them, roll cars over, match colors, and stack them. I have also made textured one inch blocks. I cover the blocks with a strip of adhesive Velcro - some with the loop and some the fuzzy Velcro. Little ones feel the texture, can put together and pull apart. Great for problem solving, eye hand coordination, hand strengthening, problem solving and sensory.

Idea submitted by Becky O'Keefe, OT who works with EI Services Birth to Three in Winnebago County, WI