

MTLH6.mp4

[00:00:00] So using the selection of different textured balls can be useful in many different ways for children who have either hand strain or tactile discrimination difficulties. So just rolling your hands over the different textured surfaces can provide like a massage to help relax tired muscles but it can also help with children who don't like touching things or for children who aren't very able to discriminate the differences between the way things feel.

[00:00:37] This is a very good activity it can be done in two hands as well.

[00:00:45] Plus you can try squeezing them so they'll all have different pressures. So that's good for helping to develop strength.