DIGITAL AGEING
Train your brain

TACTILE OBJECT ARRANGING

Description

Participants will arrange objects of various shapes and sizes on a flat surface. This arrangement is done without visual input, so participants will rely on their sense of touch. The objective is to identify objects by touch and arrange them in a logical, organized manner based on a specific criteria such as size, shape, or texture.

Learning Objectives

- Enhance spatial reasoning by using touch to determine object placement.
- Foster problem-solving skills in organizing objects based on size, texture, or shape.
- Encourage fine motor coordination and tactile sensitivity.

Time Needed

30–45 minutes

Learning Setting

A quiet, comfortable room, preferably with a table or flat surface.

Expected Results

- Participants should become more confident in their ability to organize objects without visual input, enhancing spatial intelligence through tactile exploration.
- They will improve their problem-solving abilities, recognizing patterns through touch.
- Fine motor skills and hand-eye coordination (through touch perception) are likely to improve over time.
- The activity also provides cognitive stimulation, which may help with memory and reasoning.

Practical Tips

- Ensure all objects are safe and easy to handle.
- Have a helper assist if needed, especially for elderly participants who may require support with balance.
- Encourage participants to take their time, focusing on touch and spatial arrangement.

Source

MTB.
Adapted from tactile-based spatial learning exercises and cognitive rehabilitation methods focused on aging adults.

Materials Required

- A cloth or blindfold to cover the eyes
- 10–15 small to medium objects with varying shapes, textures, and sizes (e.g., small boxes, balls, spoons, cups, cylinders, books, etc.)
- A large flat tray or a table
- A tactile sorting tray or organizer (optional)

Step By Step Guidance

Preparation:
- Set up the materials on a table in front of the participant. Randomly arrange the objects.
- Explain the objective of the activity: to arrange the objects based on a particular criterion without looking.

Blindfold or Cover Eyes:
- Gently place a blindfold on the participant, or ask them to close their eyes.

Introduction to Objects:
- Allow the participant to feel each object with their hands, describing its texture, shape, and size as they explore.

Set the Challenge:
- Give them a task to arrange the objects in a certain way, such as:
- From largest to smallest
- Grouping by texture (smooth vs. rough)
- Sorting by shape (round vs. angular)
- Creating a specific pattern, like alternating objects by texture.

Arranging the Objects:
- Encourage the participant to carefully arrange the objects on the tray or table according to the task's criteria.
- If the participant struggles, offer verbal cues like "Try feeling for the edges of the object."

Review:
- Once the task is completed, allow the participant to remove the blindfold or open their eyes and observe the arrangement. Discuss how the arrangement was achieved and whether adjustments could be made.

Repeat with Variation:
- Offer additional challenges, such as using more objects or introducing more complex sorting rules (e.g., combining texture and size).