

# Ways to Give Healthy Touch

(By Karyn Purvis Institute of Child Development)

- Give Pats on the back
- Take turns “drawing” letters on each other’s backs and guessing the letter Initiate high fives
- Help a young child wash their hands with soap of their choosing
- Play leap frog
- Practice giving hugs, asking your child if they prefer a tight squeeze or a gently squeeze
- Make up a secret Handshake
- Have a three-legged race
- Place temporary tattoos on one another
- Give fist bumps/chest bumps
- Practice finger painting
- Give each other manicures/pedicures
- Practice fun hairstyles on each other
- Give piggy-back rides
- Play thumb war
- Cook together
- Give each other a “weather report” by varying touch on the other person’s back. Light sprinkling fingers may indicate rain, even lighter touch might be snow, firm touch can be thunder.
- Paint each other’s faces
- Offer to give a hand massage
- Take turns putting makeup on each other
- Play freeze tag