
















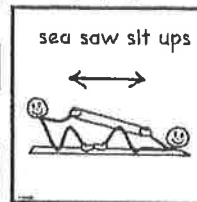















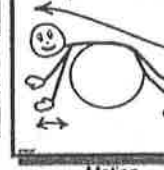




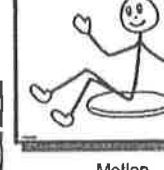
 <p>StickKids push 5s</p> <p>Pressure 'n Touch</p>	 <p>StickKids mini pushes desk, chair or wall</p> <p>Pressure 'n Touch</p>	 <p>StickKids heavy weight vest backpack lap pillow</p> <p>Pressure 'n Touch</p>	 <p>StickKids theraputty or playdough stuff</p> <p>Pressure 'n Touch</p>	 <p>StickKids gentle touch 'n tickle</p> <p>Pressure 'n Touch</p>
<p>A fun alternative to High 5's that uses deep pressure. It helps calm and focus a child rather than making them hyper as High 5's do. Use often to celebrate effort or as a greeting. Encourage a child to push with steady effort but not to topple you.</p>	<p>Desk pushup, chair pushup, and wall push off, all help to energize, focus and calm. Use them frequently either as a "get ready strategy" or while waiting. Do them fast to alert and increase focus, or do them slow to calm and steady.</p>	<p>Using a weighted item of wheat, corn, etc. creates deep pressure and calms. The weight increase should be no more than 10% of body weight. Use intermittently as effectiveness may diminish after 20+ minutes. Don't impose its use but introduce slowly.</p>	<p>Theraputty, play dough, stress or goop balls, all offer finger and hand resistance. More specific exercises can be done with the play dough or putty. Strength and muscle are needed for the low tone hand and deep pressure for the tactilely sensitive hand.</p>	<p>For the normal system gentle touch is nicely alerting and even relaxing. For the low/hypo responsive it is essential for alertness. For the tactilely defensive it is very stressful and misinterpreted as pain. Use light touch with caution.</p>
 <p>StickKids goopy play</p> <p>Pressure 'n Touch</p>	 <p>StickKids hot dog mat press</p> <p>Pressure 'n Touch</p>	 <p>StickKids blanket tortilla roll 'n squish</p> <p>Pressure 'n Touch</p>	 <p>StickKids my relax book</p> <p>Pressure 'n Touch</p>	 <p>StickKids monster faces</p> <p>Pressure 'n Touch</p>
<p>The sensory sensitive can miss process light textures; causing avoidance or excessive over involvement using deep pressure to counteract the irritation. Build in gradual exposure with prewarnings; choice; and minimize other sensory overload.</p>	<p>Weight and pressure to the whole body is very calming. "Bun" materials can vary from pillows to gym mats. Pressure is created from the mats or when "applying condiments" (ketchup &amp; mustard) with a therapy ball. Don't impose; take the lead from the child.</p>	<p>Similar to Hot Dog Press, use a blanket to create a bit more pressure. Make it fun, use soft beach or therapy ball to apply pretend condiments of peppers, onions, cheese etc. Allowing the child choice in which ones and how much pressure they want.</p>	<p>Teach various forms of relaxation to children. Play calming background music during down time reading on mats while supplying a hand fidget such as molding wax. Use the Canadian book "Building Bridges" with its' excellent relaxation booklet.</p>	<p>A deep pressure self squish that reduces sensory overload and promotes relaxation. Use it in stressful, tight or busy spaces to gain self regulation. A subcomponent of progressive relaxation; combine with other whole body "self squishes".</p>
 <p>StickKids massage</p> <p>Pressure 'n Touch</p>	 <p>StickKids self squeeze</p> <p>Pressure 'n Touch</p>	 <p>StickKids hand muscle massage</p> <p>Pressure 'n Touch</p>	 <p>StickKids gentle helper squishes</p> <p>Pressure 'n Touch</p>	
<p>Formal or informal massage techniques with varying degrees of deep pressure will help the child focus and regroup to task; or calm for rest or sleep. Check for the child's response as to preference for light or heavy massage and for how long.</p>	<p>Teaching a child to give self deep pressure is critical in developing self regulation. Combine it with a Monster Face Squish and a Deep Breath, to help the child regroup after or during an alerting sensory situation. It can be used almost anywhere.</p>	<p>Before finger tasks, tool use, or table time, rub hands together or on pant legs. Then do finger flexes and squishes. This minimizes tactile sensitivity and improves "inner senses". Hand movement and planning improve with brief deep pressure and motion.</p>	<p>Deep pressure to shoulders, head, or forearms is calming. Use for group, circle, line ups, or in stressful / busy transitions. Rather than push down on the child, encourage the child to push up "lets see how strong you are...push into my hands".</p>	














 <p>StickKets</p> <p>climbing</p> <p>Heavy Work</p>	 <p>StickKets</p> <p>wall push ups</p> <p>Heavy Work</p>	 <p>StickKets</p> <p>swiss ball workout</p> <p>Heavy Work</p>	 <p>StickKets</p> <p>wheel barrow walk</p> <p>Heavy Work</p>	 <p>StickKets</p> <p>sea saw sit ups</p> <p>Heavy Work</p>
<p>Climbing: on slides, monkey bars, or wall climbers, is a great Heavy Work and Motion activity. It involves motion, muscle effort and stretch to limbs. For some children, watch for safety, judgment, and low "inner sense" of knowing where their limbs are.</p>	<p>Low tone and postural strength require ongoing support. Once Belly on the Ball, Sticky Bear and Wall Push Ups are going well, then add semi-formal push ups with the wall as a foot support.</p>	<p>Use of the therapy ball for mini exercise routine can be great for older children to be done independently or with another. A wellness routine much like many people do when they go to their gym.</p>	<p>Low tone and postural strength require ongoing support. Hold the child by their knees keeping their back low, with child's legs between yours to help minimize your own back strain. Start with 2-3 forward hand steps. Use a mat or rug for safety.</p>	<p>Sea saw sit-ups or "Row Row Row your boat" combines heavy work with vestibular motion. Use a piece of exercise tubing, and ideally a mat for head safety. Have the child do just a few at first, gradually building up as tolerance/ strength increases.</p>
 <p>StickKets</p> <p>exercise band session</p> <p>Heavy Work</p>	 <p>StickKets</p> <p>sticky bear pushup</p> <p>Heavy Work</p>	 <p>StickKets</p> <p>critter crawl</p> <p>Heavy Work</p>	 <p>StickKets</p> <p>snowball "crunches"</p> <p>Heavy Work</p>	 <p>StickKets</p> <p>crab bridge</p> <p>Heavy Work</p>
<p>This is a great Heavy Work activity that helps build postural strength and planning skills. Various positions and patterns can be done, together or alone. Use either tubing or bands. Structure and supervise for proper use.</p>	<p>A modified pushup with the child pretending to be a bear, putting honey on the soles of their feet, then with feet stuck to the ground, walk their hands out on the floor, 2-3 hand prints as they look for berries. Then walk hands back. Repeat 3-5 times.</p>	<p>A lummy crawl of the child's preferred critter (snake, seal or snail) is great to help with transitions when children are restless or hyper. The deep pressure and heavy work helps them regroup and builds some postural strength and coordination.</p>	<p>Uses lummy muscles and a bit of heavy work to help calm and alert at the same time. Use verbal cues e.g. "Give your chest a hug, now bring up your head and knees but don't hold your knees, hug your chest... hold ...now let go." Repeat several times.</p>	<p>A nice Heavy Work which strengthens the trunk. Don't make an arch, rather start in sitting; then lean back on both hands; and with feet and hands flat on floor lift bottom up to make the bridge. Hold for 2-3 seconds then release. Repeat several times.</p>
 <p>StickKets</p> <p>office duty</p> <p>Heavy Work</p>	 <p>StickKets</p> <p>desk theraband</p> <p>Heavy Work</p>			
<p>Build heavy chores and activities in frequently as they are calming and organizing. They also offer a little retreat time and helps to build muscles.</p>	<p>Placing a stretchy exercise band/ tube between the legs of a chair or table allows for a little heavy work for a fidgety child. This allows them to stay at their desk and focus. Ground rules for its use may be needed.</p>			



<p>StickKids</p> <p>hoppy ball</p>  <p>Motion</p>	<p>StickKids</p> <p>tortilla rollout</p>  <p>Motion</p>	<p>StickKids</p> <p>sklp rope</p>  <p>Motion</p>	<p>StickKids</p> <p>scooter board stuff</p>  <p>Motion</p>	<p>StickKids</p> <p>mini tramp or tramp</p>  <p>Motion</p>
<p>Combines vestibular motion and heavy work. It builds motor planning, coordination and postural balance. Use with supervision and supply deep pressure or heavy work event afterwards to help calm, as it can be quite alerting.</p>	<p>Similar to the Hot Dog Press as it offers deep pressure but also adds some motion with gentle spin. May need deep pressure self squish afterwards to help calm. GO SLOW. Check the child's response and preference.</p>	<p>Skipping comes with difficulty to those with coordination challenges. Building skills to play with peers is so important Try first with a hula hop as the rope. Try heavier rope or handles with pivots. Use cognitive sub steps - break it down.</p>	<p>Vestibular motion on tummy is great for postural muscle tone and motor planning. The child holds the Superman pose on the scooter combined with push or pull from hoop, rope or wall; and ultimately with a low ramp feature. Scooter should not be too large.</p>	<p>Combines vestibular motion and muscle work and bulds motor skills and postural balance. Use with supervision: be sensitive to possible dizziness, balance, and coordination concerns. If alerting supply deep pressure or heavy work afterwards to calm.</p>
<p>StickKids</p> <p>play 'n run</p>  <p>Motion</p>	<p>StickKids</p> <p>playground hill rolls</p>  <p>Motion</p>	<p>StickKids</p> <p>slow rocking</p>  <p>Motion</p>	<p>StickKids</p> <p>belly on the ball</p>  <p>Motion</p>	<p>StickKids</p> <p>bouncy action songs</p>  <p>Motion</p>
<p>Recess and outdoor play are essential stablizers but are not built in frequently enough. Such activities need to be both self directed and facilitated. Motion is alerting and may need some deep pressure, heavy work or retreat transition event afterwards</p>	<p>Side rolling is very alerting, do it with caution. May need a bit of deep pressure or self squish afterwards to help calm. Do outside, or on mats or as part of the Tortilla Roll.</p>	<p>Rocking is very calming and organizing when done slowly especially when combined with deep pressure (hugs or a cozy blanket in a rocking chair). But It can also be alerting when done quickly. Be aware of your intent and how you do the activity.</p>	<p>Combines slow rocking motion and heavy work. Walk out on hands, 1-2 handprints, do a brief event (a puzzle piece, toss bean bag etc.), then slowly go back to starting position on knees. Support at the hips for balance. Repeat several times.</p>	<p>Build in after sitting for a long time, or when fatigued or restless. Familiarly and simplicity of movements and rhythm will increase participation for poor motor planners. Motion alerts and may need deep pressure to calm afterward (self squish).</p>
<p>StickKids</p> <p>ball or air wedge at desk</p>  <p>Motion</p>	<p>StickKids</p> <p>movement break</p>  <p>Motion</p>	<p>StickKids</p> <p>finger 'n hand gadgets</p>  <p>Motion</p>	<p>StickKids</p> <p>air cushion</p>  <p>Motion</p>	
<p>For children who fidget or slump; the small motions and slight postural adjustments from being on an air ball or wedge helps focus and maintain postural alertness. Structure and deep pressure help to prevent restlessness from being over alerting.</p>	<p>Build in frequently after sitting for a long time, or when fatigued or restless. It helps improve focus, posture and decreases fidgetiness. Do as a group, or as an Individual event through a chore or routine. It indirectly offers retreat as well.</p>	<p>Little motions from hand gadgets help a child stay still and focused. Prevent sillies by looking for hand gadgets with pressure and heavy work features. Build In guidelines for proper use; attach it to a wristband or walstband and it can go most anywhere.</p>	<p>Small motions while sitting on an air cushion help maintain focus and alertness. Use on a chair seat or on the floor. For most children don't put much air in. If it creates the wiggles add a deep pressure lap weight and a few ground rules.</p>	



<p>StickKeds</p> <p>"blowing"</p>  <p>bubbles, whistle, recorder</p> <p>Suck Chew 'n Breathe</p>	<p>StickKeds</p> <p>straw sucking</p>  <p>Suck Chew 'n Breathe</p>	<p>StickKeds</p> <p>mouth chewies or gum</p>  <p>Suck Chew 'n Breathe</p>	<p>StickKeds</p> <p>Inner mouth pressure 'n swipe</p>  <p>Suck Chew 'n Breathe</p>	<p>StickKeds</p> <p>deep breath, now relax</p>  <p>One more time</p> <p>Suck Chew 'n Breathe</p>
<p>Oral motor activities that require deep breaths in and blowing out, are both alerting and calming, and helps children focus.</p>	<p>Straw sucking is like deep breathing but with more resistance. It combines deep pressure and heavy work. The resistance can vary depending on the length of the straw and the contents. It is very regulating and can offer a brief retreat event.</p>	<p>Oral motor supports are too often neglected. We quickly tell children to keep things out of their mouth, though many children need these events to help focus for learning. Some children need them almost constantly, others just occasionally.</p>	<p>Helps decrease oral tactile defensiveness. Take your thumb or the child's then firmly but gently swipe, just back of the upper teeth from canine to canine 3-4 times. Follow with 2-3 jaw squishes. Attend a Wilbargerworkshop to learn how.</p>	<p>Taking deep breaths down to the belly can be very calming; whereas taking breaths high up in the chest can be more alerting. Make your choice.</p>
<p>StickKeds</p> <p>crunchy chewy snacks</p>  <p>Suck Chew 'n Breathe</p>	<p>StickKeds</p> <p>yoga or t'ai chi</p>  <p>Tips Tools 'n Doing</p>	<p>StickKeds</p> <p>move 'n do circuits</p>  <p>Tips Tools 'n Doing</p>	<p>StickKeds</p> <p>jump 'n hop</p>  <p>Tips Tools 'n Doing</p>	<p>StickKeds</p> <p>building</p>  <p>Tips Tools 'n Doing</p>
<p>Crunchy or chewy activities often have slightly different effects for different children. For most, Crunchy is alerting and Chewy is organizing. Build in frequently throughout the day. Use cautiously when doing Motion activities.</p>	<p>Yoga or t'ai chi are 2 eastern disciplines blending martial arts and meditation and offer alternatives to rigorous motion. They promote deep breathing and related self-regulation; motor planning and balance; and flexibility and stretch</p>	<p>Set up circuits to do gross motor and sensory diet events. The predictability but also opportunity for self initiative and adapted response for each event is great. Be prepared to help the child modify if too challenging or too easy</p>	<p>As part of motion it can be alerting. As a "doing" event balance progresses from 2 foot jumps, to 1 foot hops with assist, to early hop scotch. Noodle limbed / low tone children gain stronger hips and core stability from dynamic motion activities.</p>	<p>An important Doing skill as it builds in opportunity for both self creation as well as modeling others. It gives opportunity for both retreat and social engagement skills. Children who prefer to it "their way" may need to develop more modeling skills.</p>
<p>StickKeds</p> <p>ball throw, kick 'n catch</p>  <p>Tips Tools 'n Doing</p>				
<p>Challenges relate to: motor planning, awareness of body position and rate as affected by inner senses, and visual accommodation of moving objects. Support with subskill breakdown, modified task, cognitive strategies and other motor spatial movement events</p>				

