

## CALMING TOUCH/PRESSURE ACTIVITIES

- **"Burrito"**- Roll a child up in a blanket, sleeping bag, or soft rug. Pretend to add extra "ingredients" while providing extra squish pressure. Lift end to unroll, adjust speed as needed.
- **"Peanut butter sandwich"** - Child crawls between a box spring and mattress. Can add squish.
- **"Hotdog in a bun"** - Child lays face down between two pillows - above and below their trunk. Use slow, rhythmic moderate pressure on the top pillow. Model breathing out with downward pressure, breathing in while lifting pressure. Watch response carefully.
- **"Mummy wrap"** - Wrap trunk or body parts in ace bandages.
- Make a **large pillow pile** for a child to snuggle into, roll and climb over or fall onto. Reserve a corner of room for a pillow pile; can add flannel sleeping bags. Hide objects under pillows or a blanket and have the child crawl under to find objects or pile pillows on your child and give added pressure if they request it.
- **Make tents** out of blankets, add pillows and bedspreads
- Roll an **exercise/Pilates ball** or beach ball over your child's back and lean on it with moderately firm pressure.
- **"Swimming"** - Child does belly crawl across a carpeted floor as if swimming, and then parent "dries" child off with firm towel rub after gets across the "lake." Then the child flips over onto their back and pushes across the "lake" with their feet to do a "backstroke".
- **Crawling** through cloth tubing gives both touch and deep pressure sensations to the body. (You can sew regular knit fabric or knit sheet together on the long edge.)
- **Draw** on the child's back, arms, hands slowly and firmly and have the child guess what it is. If they are ticklish, use the broader part of your hand, not fingertips.
- Provide **touch throughout the day** through deep pressure "bear hugs," massage, shoulder/backrubs, etc.
- **Hand & body paint** - Mix tempera paint with liquid starch, add a little liquid detergent to prevent staining (purple & black stain the most). Great in the tub, use hands and feet to paint. Face paints wash off easier if you apply lotion to the skin first.
- **Finger paint with food** - puddings, whip cream, ketchup, mustard, flour and water paste, or whatever!
- **Fidgets** - Fast food meal toys, squeeze balls, rubber band strings, pipe cleaners, beads on a lace or string, string of paper clips, etc.