Wake Up

	bounce on ball
	jump and grab
	tactile play
	spin and twist
	dance

Calm Down

	rock
	reduce noise
	heavy work
	squeeze a weighted buddy
	fidget

Deep Pressure

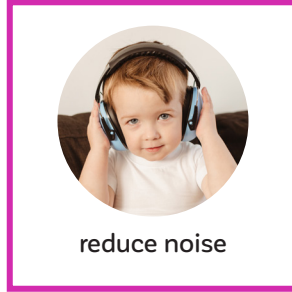|	
	hug
	stretch in a body sock
	bear crawl
	lap pad
	scooter swim

bounce on ball	rock	hug
jump and grab	reduce noise	stretch in a body sock
tactile play	heavy work	bear crawl
spin and twist	squeeze a weighted buddy	lap pad
dance	fidget	scooter swim
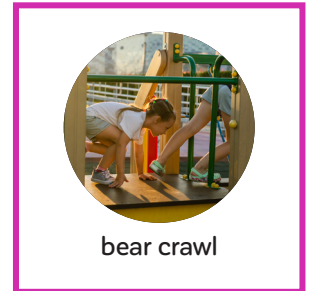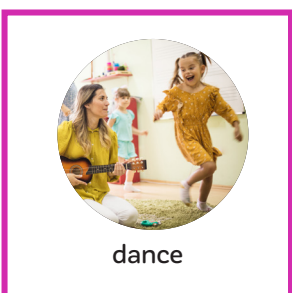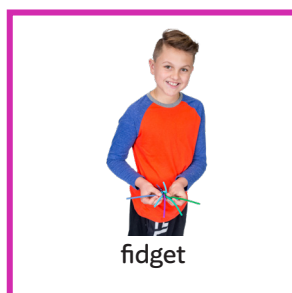
I need ⬜
Here's what I can do:

⬜ ⬜ ⬜

---✂️- -

I need:

| to wake up | to calm down | deep pressure |

---✂️- -

| to wake up | to calm down | deep pressure |

---✂️- -