



Stretch



Squeeze



Bear Crawl



Jump & Crash

Scooter Swim



Wheelbarrow Walk



Bounce & Roll



Jump & Hop



Add Some Weight



Tunnel Crawl



Ball Pit Play

# Ways to Give **PRESSURE** To Your Body

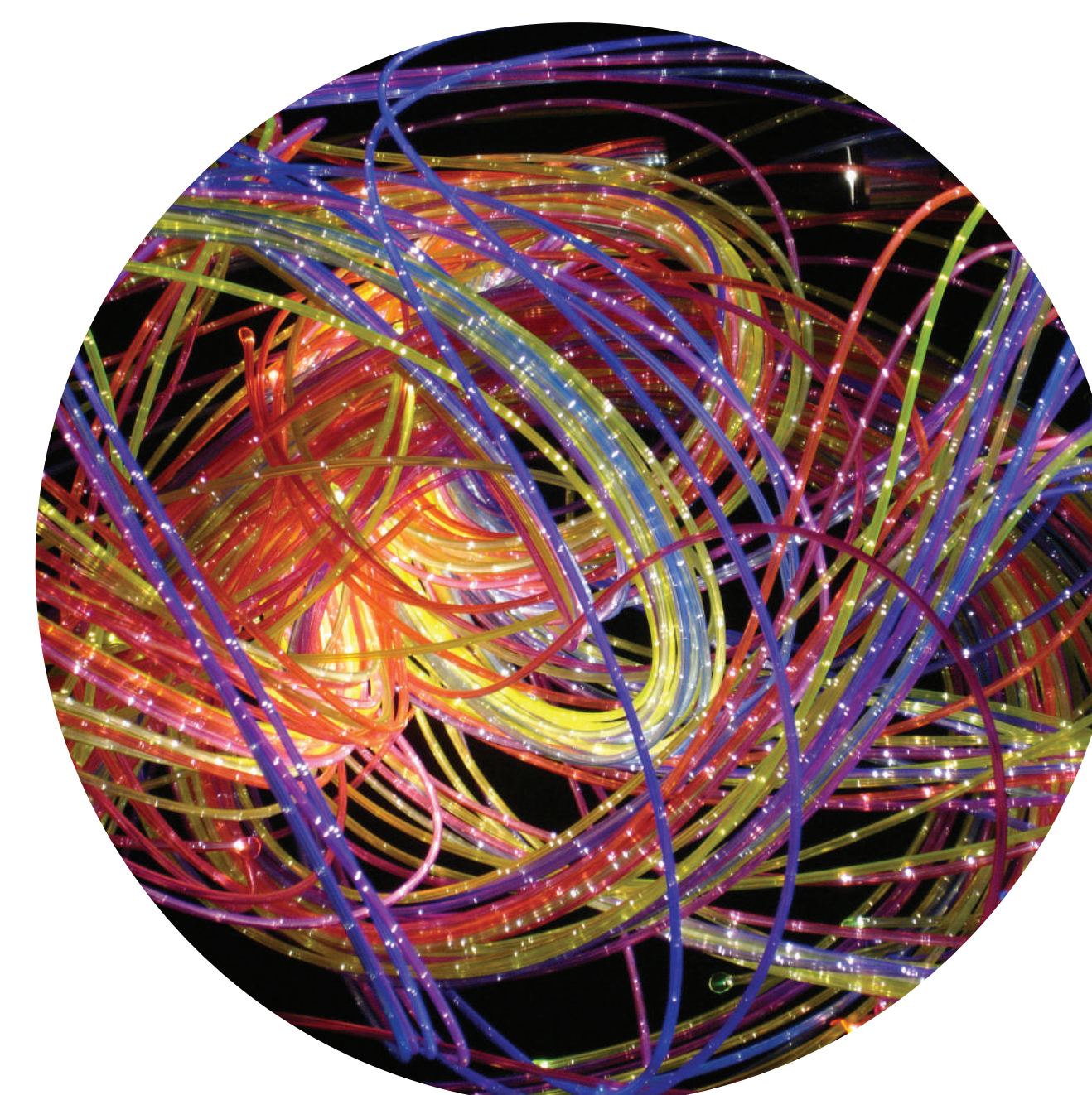




Swing Around



Bounce on a Ball



Add Bright Lights



Spin and Twist



Roll or Flip



Barrel Roll

# Ways to WAKE Your Body UP



Climb a Wall



Jump & Grab



Hop & Jump



Jump on a Trampoline



Dance to Music





Gentle  
Swinging

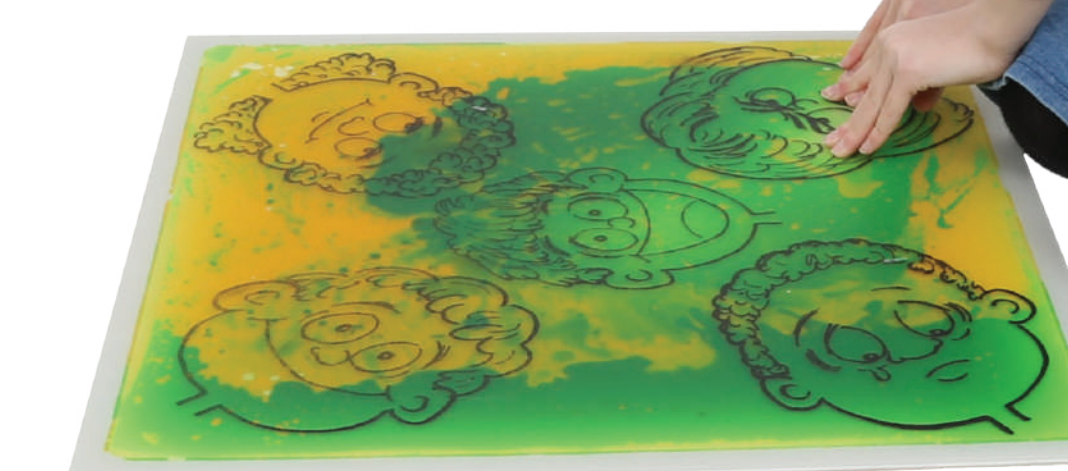


Add a Weighted Blanket



Relax With Compression

Calm with  
Visual input



Rock Inside a Barrel

# Ways to CALM Your Body DOWN

Calm with  
Tactile Input



Reduce  
Noise



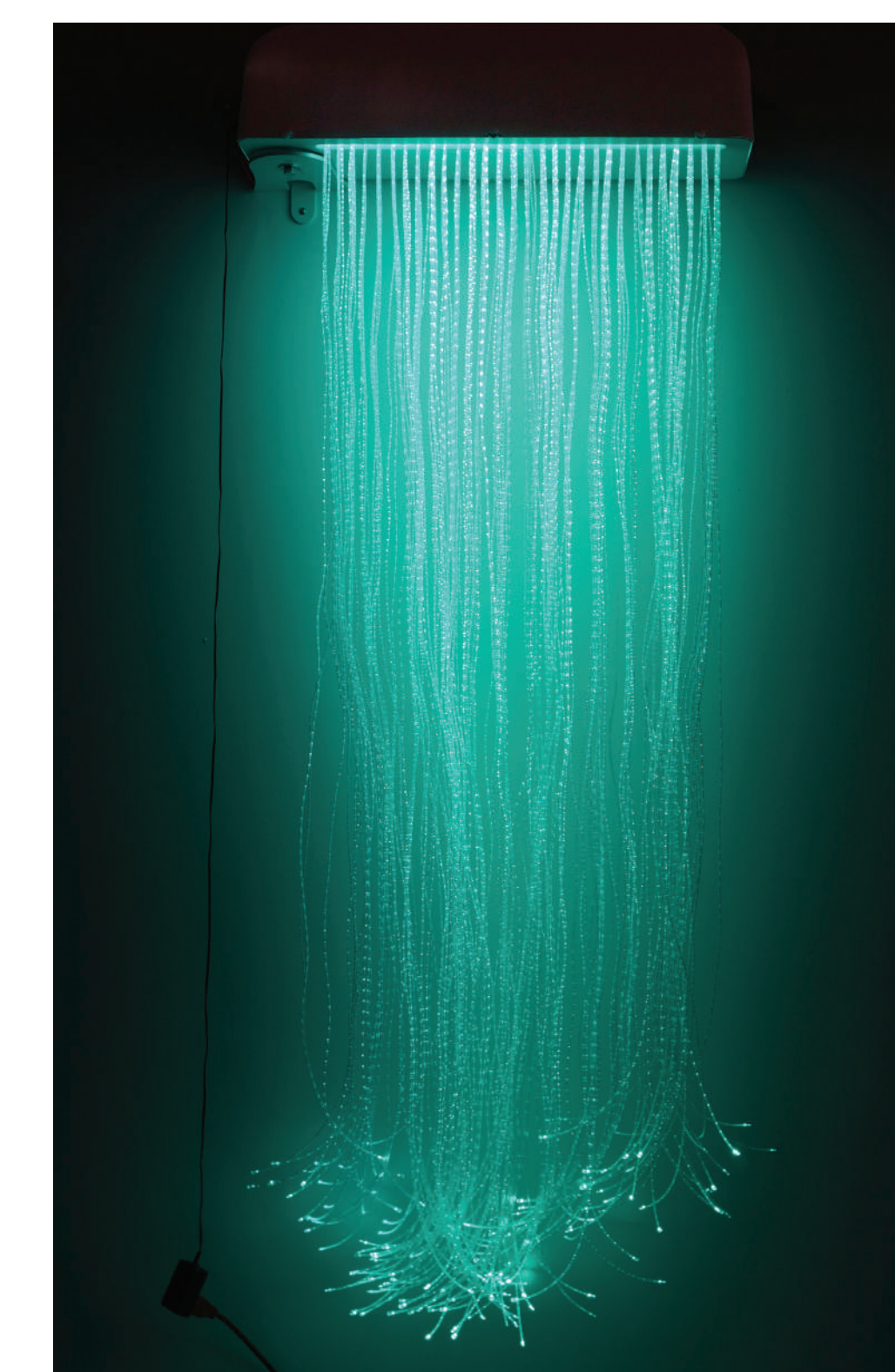
Squeeze a  
Weighted  
Animal



Do Some  
Heavy Work



Wrap Yourself in  
a Sensory Sack



Add Calming Lights



Stretch