

Deep Pressure

Activity Ideas

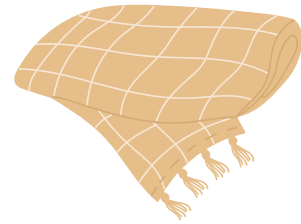
Animal walks



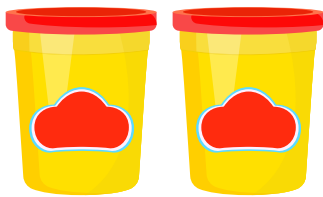
Wall pushes



Blanket wraps



Squeezing play dough



Weighted toys



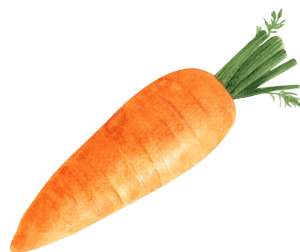
Wheelbarrow walking



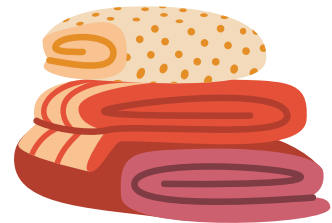
Body sock



Chewy food



Weighted blanket



Bear hugs



Heavy Work



Exercise ball

