

Deep Pressure Sensory Regulation Strategies



Wall Push

BEAR WALK



Animal Walks



Squeezing hands



Arm Massage



Deep Pressure Bear Hug



Theraputty



Push off War



Stress Balls

Vestibular Sensory Regulation Strategies



Somersault



**Swinging from
Parent**



**Leap Frog
Jumps**



Spinning



**Wheelbarrow
Walks**



Running



Handstands