## **DEEP PRESSURE ACTIVITIES AND PRODUCTS**Harkla Lap Pad

Weighted blankets, weighted lap pads, weighted vests, sensory compression pods, compression garments, and compression vests are portable examples of customizable deep touch pressure (DTP) products. **Examples of deep touch pressure activities can include:**

* Rolling/wrapping a child firmly in a blanket to make a “burrito”
* Squishing a child between two soft pillows (“sandwich”)
* Firmly rolling a therapy ball or RollEase Foam Rolling Pin on top of a student’s trunk, legs, and arms
* Deep vibration to whole body
* Wearing of weighted vests or compression garments
* Weighted blanket use
* Bear Hugs
* Deep massage
* Use a hand held massager
* Vibrating pen
* Joint Compressions
* Climbing under sofa cushions
* Deep Pressure seating options like the Sensory Pea Pod
* Heavy rub down with at towel

Explore a variety of tactile mediums to improve the child’s tolerance for touch, such as:

* Drawing in kinetic sand
* Foam soap or shaving cream play
* Rolling up in a sleeping bag. Add pillows on top to provide more deep pressure input
* Jumping on crash pads
* Playing in sensory bins with dry rice, beans, lentils, and other materials