







## Deep pressure/Proprioception/ Heavy-work Activity list







*The activities can be incorporated into the child's day routine. Deep pressure/Proprioceptive activity/heavy work have been found to be helpful in helping children and young people self regulate. Self-regulation is the ability to adjust and/or regulate level of calm/alertness to suit the time of the day and the stimuli presented. These types of activities have also been found to be calming for individuals.*

	<ul style="list-style-type: none"> <li>Stacking chairs or putting chairs on/off desk at start and end of day.</li> </ul>
	<ul style="list-style-type: none"> <li>Snuggling into a small space/sleeping bag.</li> </ul>
	<ul style="list-style-type: none"> <li>Helping gym/P. E teacher move mats, put out P.E equipment etc.</li> </ul>
	<ul style="list-style-type: none"> <li>Carrying books/paper/shopping (ideally, holding tight to chest).</li> </ul>
	<ul style="list-style-type: none"> <li>Helping get toys out/put them away.</li> </ul>
	<ul style="list-style-type: none"> <li>Do chair push ups.</li> </ul>

Please discuss use of strategies with an Occupational Therapist, as these strategies are not suitable for every child. Melanie Ferrier, Paediatric Occupational Therapist .

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	<ul style="list-style-type: none"> <li>• Fidgets that can be squeezed.</li> </ul>
	<ul style="list-style-type: none"> <li>• Push against walls (“holding walls up” or making room bigger”).</li> </ul>
	<ul style="list-style-type: none"> <li>• Use of weighted lap or shoulder items (<i>not whole body weighted blanket</i>).</li> </ul>
	<ul style="list-style-type: none"> <li>• Crunchy foods (carrot sticks/pop corn/celery/pretzels).</li> </ul>
	<ul style="list-style-type: none"> <li>• Play catch with a weighted ball</li> <li>• Rocking self over an exercise ball</li> <li>• Squeeze exercise ball</li> </ul>
	<ul style="list-style-type: none"> <li>• Trampoline</li> </ul>
	<ul style="list-style-type: none"> <li>• Sports activities that include running and jumping</li> </ul>

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	<ul style="list-style-type: none"> <li>• Sitting/laying under/between bean bags and cushions.</li> </ul>
	<ul style="list-style-type: none"> <li>• Bear hugs</li> </ul>
	<ul style="list-style-type: none"> <li>• Playing with play-dough/plasticine</li> </ul>
	<ul style="list-style-type: none"> <li>• Yoga (down dog)</li> </ul>
	<ul style="list-style-type: none"> <li>• Carry a weighted back pack</li> </ul>
	<ul style="list-style-type: none"> <li>• Slurping thick milkshake/drink through a straw.</li> </ul>
	<ul style="list-style-type: none"> <li>• Obstacle courses:             <ul style="list-style-type: none"> <li>-pushing</li> <li>-pulling</li> <li>-jumping</li> <li>-hopping</li> <li>-throwing</li> <li>-stomping/marching</li> <li>-climbing</li> <li>-lifting</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>• Moving desks/furniture.</li> </ul>
	<ul style="list-style-type: none"> <li>• Cleaning/Sweeping/Wiping tables.</li> </ul>
	<ul style="list-style-type: none"> <li>• Baking:             <ul style="list-style-type: none"> <li>○ Mixing</li> <li>○ Kneading dough</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>• Slow rocking.             <ul style="list-style-type: none"> <li>○ Rocking chair</li> <li>○ Hammock</li> <li>○ Over exercise ball</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>• Swimming.</li> </ul>
	<ul style="list-style-type: none"> <li>• Deep pressure massage</li> </ul>
	<ul style="list-style-type: none"> <li>• "Hugging own legs".</li> </ul>

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