

Deep Pressure Activities

1. Bear hugs, back rubs or body massages.
2. Building a “hot dog”, “pizza”, “hamburger” or “sandwich” with your child in the middle.
 - a. For this one, place your child between two things which will provide pressure such as bean bag chairs, mats, couch cushions or heavy blankets; then add “toppings” by rolling over them with balls, bolsters, or your body (careful!). This activity can be drawn out by offering the child a choice between toppings if they cannot think of any.
3. Wrap your child’s arms, legs, trunk or head with ace bandages. It helps to refer to this as a “mummy”, “doctor”, or “wrapping” game.
4. Have your child lie under a bean bag chair, couch cushion, or heavy blankets while watching TV, playing board games or studying.
5. Have your child wrap up tightly in a sheet or blanket - you can add to this one by dragging the child once wrapped up to provide calming tactile and vestibular input.
6. When drying off after baths, towel your child with a little more pressure and for a longer period of time than usual.
7. When your child is sitting in a chair watching TV, have them sit with a pillow, bean bag chair or heavy blanket on her/his abdomen.
8. Have your child play “steamroller” with siblings, where they take turns rolling over each other from feet to head.
9. Give lotion rubs using deep, firm pressure when rubbing. This is also a good time to work on naming body parts.