

DEEP PRESSURE ACTIVITIES AND PRODUCTS



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