



Sunshine Coast Occupational Therapy Inc.

Paediatrics, Geriatrics & Ergonomics

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DEEP TOUCH PRESSURE

The tactile system (the sense of touch) is important in functioning in daily life. It helps to organize, discriminate and protect. Deep touch pressure can be calming and help to organize a person.

Suggested Activities

- Brushing
- Rolling a large ball over a child
- Being sandwiched between mats, beanbags or large pillows
- Being sandwiched between a mattress and box spring
- Rolling up in a blanket or parachute
- Net swing
- Swing in a parachute
- Enclosed in spaces, bed tents, tents, boxes, sleeping bag
- Tub or box of plastic balls
- Box of marbles
- Burying hands feet in the sand

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