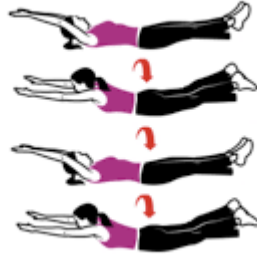


# Give me deep pressure!



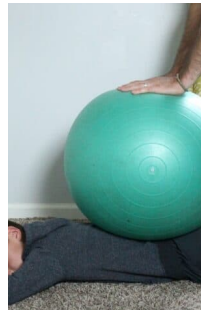
**Making a burger -  
child is the meat**



**Log rolling**



**Bear walks**



**Steam roller over child  
with a therapy ball**



**Making a hot dog -  
child is the sausage**



**Massage**

# Wake me up!



Fast music



Dancing



Twirling and spinning



Jumping Jacks



Space hopper



Running and crashing



Trampoline



CENTRE FOR AUTISM  
MIDDLETOWN

# Calm me down!



Gentle swinging



Yoga/Stretching



Dark space



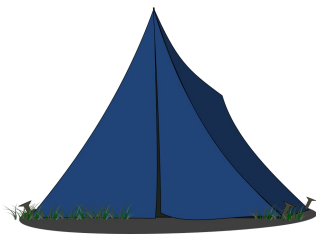
Listening to nature sounds



Looking at a lava lamp



Lying on a therapy ball on tummy being rocked back and forth



Quiet space - pop up tent



Weighted pad across shoulders



CENTRE FOR AUTISM  
MIDDLETOWN

# Let's work hard!



Crab walks



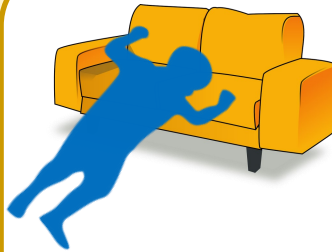
Wiping down surfaces



Washing the car



Chair push ups



Pushing furniture



Obstacle course - crawling around



Chewy foods



Drinking through a straw



Kneading play dough