

Comfort Rooms at

RELAX AREA



Items included:

Canopy, crash pad, beanbag chairs, tactile mural, bungee chair



GET ACTIVE AREA



Items included:

Trampoline, sling swing (Southpaw), exercise bike, exercise mat, therapy ball



STORAGE – for tools to be used in RELAX and GET ACTIVE STATIONS



Items included:

Scooter board, OT group activity bin, weighted blanket

Body socks, eye tools, fidgets, exercise and yoga cards

Sensory search bins, lotion, bubbles

Ankle weights, beanbags, theraband

Yoga mats, weighted balls, foam rollers, balance beam

ACTIVITY IDEAS



Sensory Regulation Resources

Where to Buy Supplies

Ankle weights – by da vinci @ amazon.com (\$10+)

Balance beam – by Pull Buoy @ amazon.com (\$50)

Beanbag chair – Target (\$25)

Body sock – by abilitations @ amazon.com (\$36 - \$48)

Bungee chair – Target (\$30)

Exercise band – by theraband in bulk @ amazon.com (\$50 for 25 yards)

Exercise cards – fitdeck.com (\$15)

Foam roller – Pro source @ amazon (\$19)

Noise-block headphones (Noise Protection) – by Neiko @ amazon.com (\$7)

Scooterboard – by ETA hand2mind @amazon.com (\$13)

Sensory brush – pacificpediatricsupply.com (\$6, can be purchased in bulk for reduced rate)

Stress balls and fidgets – officeplayground.com

Theraputty – by theraflex @ amazon.com (\$20)

Therapy ball – amazon.com (\$14+)

Weighted ball – by valeo @ walmart.com (\$8 +)

Wiggle cushion – by apple round global trading @ amazon.com (\$15)

Yoga cards – Angel Bear Yoga or Yoga Pretzels @amazon.com

Items made at YOU Inc. – crash pad, weighted blanket, sensory search bins, beanbags