

Deep Pressure Activities

To help prepare the brain to work



Self Hugs: Squeeze up and down the arms, from hands to shoulders



Chair Push-ups and Pull-ups: Position hands on chair and push up, hold for 5 seconds. Position hands under chair and pull up, hold for 5 seconds (2 each)



Arm reaches: Stand up and reach with the left arm as high as you can, then reach with the right, then reach with both and wave in the air



Hand Pulls: Grab your fingers with a closed hand and pull as hard as you can



Desk Push-Ups: Lean on the front edge of a desk, take one step back, and do 10 push-ups (keep elbows out)



Prayer Push: Position hands in a prayer position with elbows out, pushing palms together; switch hands so fingers touch forearms and push palms together with elbows out



Wall Push-Ups: Press open palms on a wall, keeping feet shoulder-width apart and elbows out; then push away from the wall



Tip Toe Clunk: Stand on tip toes and fall back on heels (you will feel a 'clunk' if you do it right!)



Partner Pulls: In groups of 3, grab each other's wrists, gently lean/pull out, then have the outside people turn around and grab with opposite hand and repeat



Shoulder Muscle Push: Teacher pushes firmly down on students shoulders, then does hand squeezes up and down the arms