How can I prepare my body for learning?
In the 1-2 hours before my therapy session I can...

- Drink through a straw or sports bottle
- Help with some heavy work tasks in the house
- Eat a chewy snack, for example dried fruit
- Give myself or ask someone to give me deep pressure, for example a hand massage
- Do some yoga and deep breathing

For more information visit: https://yourkidstable.com/proprioceptive-activities/