

**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**



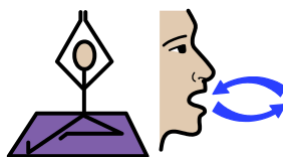
**Help with some heavy work tasks in the house**



**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/>