

LESSON 1: STAY COOL, CALM, AND COLLECTED


Deep pressure stimulation helps the child get the sense of where his body is in space, and improves his ability to take in information from the environment.


Deep pressure should be done without any added academics at first, until the child is comfortable and ready for more mental tasks.

The body learns ten times faster than the brain, so adding academics to the deep pressure can actually help the child learn faster. Once ready for added challenge, the child can count, skip count, or spell words while doing deep pressure.


Deep pressure techniques can also be added to songs or poems.

"I Can Calm Myself"


Foundation Level





I can do Dots.
Use the thumb to press firmly all around the palm of the opposite hand for a count of 10. Take a deep breath before switching hands.




I can do Squeezies.
Firmly squeeze up the forearms, upper arms, and shoulders. Take a deep breath before switching arms.

I can do Pretzels.
Interlock fingers in front of the chest. Relax shoulders. Cross legs. Place tongue on the roof of the mouth. Hold for one minute. Uncross legs. Take a deep breath.







I can do heart to home.
Place one hand over the heart, the other over the belly, and take three deep breaths. Come to a quiet, focused place in the body.



I can do Listening Ears.
Gently massage and unroll the ears, moving from top to bottom.



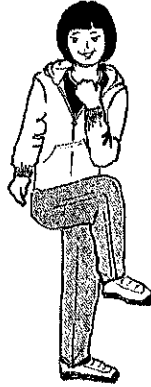
I can do Calming Taps.
Cross arms across chest. Alternate tapping the right shoulder and then left shoulder with a slow, rhythmic beat.

Foundation Moves 

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Focus Moves Cross Patterns

1



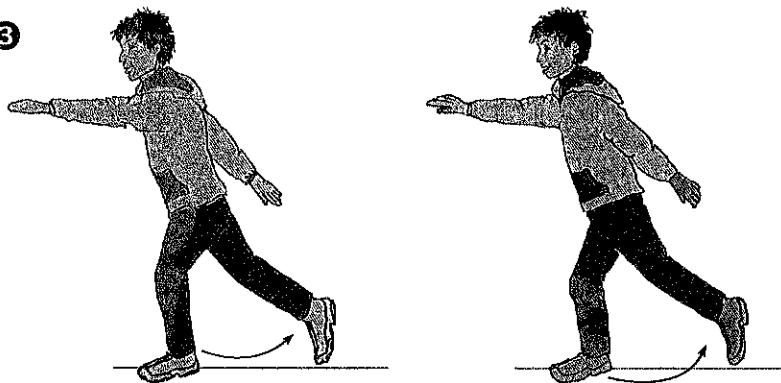
2



Lift your leg off the floor.

Lift your leg off the floor.

3



Lift your leg off the floor.