

AVA & MILO SENSORY CARDS

Deep Pressure & Comfort

8 calming activity cards for little bodies



For grown-ups

- Print on card, cut along the dashed lines and laminate.
- Offer the cards when your child needs to calm down, and let them choose one.
- Model each activity first. Go slowly and follow your child's lead.
- Always supervise. Stop if your child seems uncomfortable or unhappy.
- Check with your child's occupational therapist before using a weighted blanket or body sock.

Slow Rocking



Sit on a cushion. Rock slowly side to side. Count to 10.

cut here

Turtle Shell Pose



Kneel and curl up small. Rest your head on your hands. Breathe slowly.