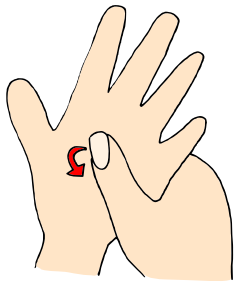


Classroom Deep Pressure Ideas



Massage



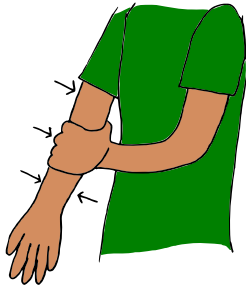
Pressure Push - Count to 10



Push Hands Together - Count to 10



Self-Hug



Squeeze Arms and and Legs



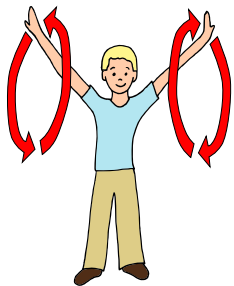
Reach each arm and then both together



Tree Pose



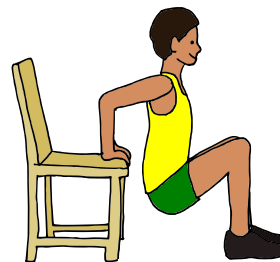
Belly Breathing - 5X



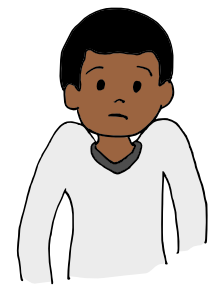
Circle Arms - 10 times then change direction



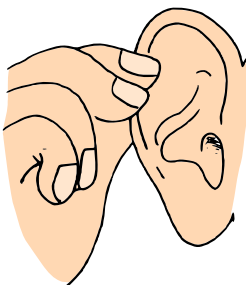
Chair Push-Up Hold X3



Chair Dip X 5



Shoulder Shrugs X 10



Earlobe Massage



Bend Over to Look Through your Legs



Body Squeeze