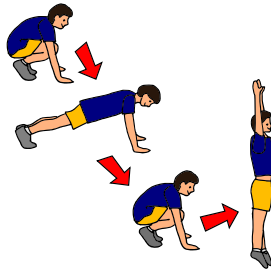


Outdoor Deep Pressure Activity Ideas



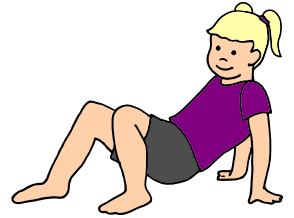
Bearwalk



Burpees



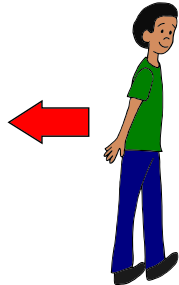
Combat Crawl



Crabwalk



Duck Walk



Heel Walk Backward



Hop



Jumping Jack



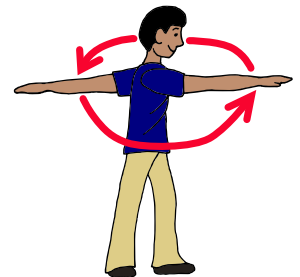
Run



Superman Stretch



Stretch



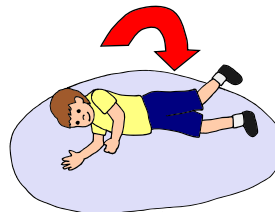
Twist



monkey bar hanging



Leaping



Log Rolling



Somersault