
















Queen Alexandra Centre for Children’s Health
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Sensory Motor Equipment Resource Document



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Product Name	What it does	How to Use it	Approximate Cost	Where to Purchase
Airwalker/ Cuddle Swing 	<p><u>Airwalker/ Cuddle swing</u> can provide vestibular, proprioceptive, tactile and movement input. It can help to facilitate calming as well as help children work on rehab related goals such improving body and spatial awareness.</p>	<p>Can be swayed back and forth to provide vestibular and movement input. Performing stretches or standing /balancing in the Airwalker/Cuddle swing provides proprioceptive input and enhanced tactile input.</p>	<p>\$99.00-\$270.00</p>	<p>Southpaw Enterprises 1-937-252-7676 www.southpawenterprises.com/Cuddle-Swing-P338.aspx www.southpawenterprises.com/Airwalker-P158.aspx</p>
Ball Chairs 	<p><u>Ball chairs</u> can be positioned with or without a stand. Some balls come with “feet” already, which help to decrease the chances of the ball rolling away. This provides movement and vestibular input. Note: a therapy ball alone can be used as well.</p>	<p>They may be best used when reading or doing activities other than handwriting.</p> <p>Ball chairs need lots of clear and concise rules or expectations when presenting them.</p>	<p>\$80.00-\$120.00</p>	<p>Amazon.com www.amazon.com/s/ref=nb_ss_sg?url=search-alias%3Dsporting&field-keywords=ballchair</p>
Bean Bag Chairs 	<p><u>Beanbag chairs</u> can squish against the skin, giving firm pressure or a comforting hug. It provides tactile input as well as deep pressure, which can facilitate calming.</p>	<p>Can be used as a “crash” area after a run, or leap off of the trampoline. It can also be used as a comforting break for reading or enjoying some quiet time at home or in the classroom.</p>	<p>\$25.00-\$50.00 \$57.00-483.00</p>	<p>Walmart Town & Country Shopping Centre Ph: (250) 475-3356</p> <p>Attree & Phipps, Langford Ph: (250) 391-0224</p> <p>School Specialty-Abilitations Unit 200, 5510-268 Street, Langley, BC V4W 3X4 Ph: 1-800-775-7966 www.schoolspecialty.ca</p>
Bear Hug (Neoprene) Vest 	<p>The Bear Hug Vest provides deep pressure and helps to calm and reduce hyper-responsiveness. This is suitable for children who require proprioceptive and tactile input.</p>	<p>Wearing time should not exceed 20 minutes. The effects of the vest can last from a few minutes and up to a few hours.</p>	<p>\$69.00</p>	<p>Southpaw Enterprises 1-937-252-7676 www.southpawenterprises.com/Bear-Hugs-P837.aspx</p>



<p>Body Sox</p> 	<p>Body Sox™ are made of Lycra® that stretches and pulls against the body. It provides proprioceptive input into the body. This helps our body learn spatial awareness and body scheme. The Lycra® material allows for graded resistance against the skin which helps with calming the nervous system.</p>	<p>You can use your arms/hands/feet/head to push against the material. Do stretches when in the body sock. It can be used in groups or in pairs to play games, and/or can be used as a place to “hide” or wind down.</p> <p><u>You can download activity ideas from:</u></p> <ol style="list-style-type: none"> 1. dynamimovement.com 2. sensory-processing-disorder.com/body-sox.html 3. integrationscatalog.com 	<p>\$45.00-\$80.00</p>	<p>Southpaw Enterprises 1-937-252-7676 or www.southpawenterprises.com</p> <p>Integrations 1-866-519-2816 or www.integrationscatalog.com</p> <p>Sammons Preston 1-800-665-9200 or www.sammonspreston.ca</p>
<p>Chewy Tubes</p> 	<p>Chewy Tubes provide oral (sensory) input.</p>	<p>Can be used anytime. Can be useful during carpet time, assemblies or tabletop activities.</p>	<p>\$10.00-\$15.00</p> <p>\$12.59 each or \$129.59 dozen</p>	<p>Southpaw Enterprises 1-937-252-7676 or www.southpawenterprises.com</p> <p>School Specialty-Integrations Unit 200 5510, 268 Street, Langley BC V4W 3X4 Ph: 1-800-775-7966 www.integrationscatalog.com/products.jsp or www.schoolspecialty.ca</p> <p>Affordable Therapy Solutions www.affordabletherapysolutions.com/index.asp?PageAction=VIEWPROD&ProdID=26</p>
<p>Chewlery</p> 	<p>Chewlery provides oral (sensory) input.</p>	<p>Can be used/worn anytime</p>	<p>\$11.00-\$20.00</p>	<p>Affordable Therapy Solutions www.affordabletherapysolutions.com/index.asp?PageAction=VIEWPROD&ProdID=26</p>
<p>Disc O' Sit, Sissel, Sit-Fit</p> 	<p><u>Disc o'sit™</u> or sometimes referred to as <u>Sissel seats™</u> are air filled cushions that provide movement, vestibular and tactile input.</p>	<p>Easily transported and can be used almost anywhere where the child may need to sit. Can be used during carpet time, during assemblies or be placed on a chair during tabletop activities.</p>	<p>\$24.00-\$55.00</p>	<p>Relax the Back 774 Spruce Street Ph: (250) 592-1974</p> <p>Sports Traders 508 Discovery Street Ph: (250) 383-6443</p> <p>Abilitations-Specialty Unit 200, 5510-268 Street, Langley BC V4W 3X4 Ph: 1-800-775-7966</p> <p>Alloyd Fitness 7-415 Dunedin Ph: (250) 480-0222</p>

<p>Exercise Mats</p> 	<p>Exercise Mats provide a soft, safe surface to use sensory equipment.</p>	<p>The child can use the mats when using the tumble form rolls, therapy balls, body sox or stretch-ease.</p>	<p>\$24.00-\$75.00 \$118-\$500</p>	<p>Sports Traders 508 Discovery Street Ph: (250) 383-6443 101-1840 Island Hwy. Ph: (250) 478-6299 Abilitations-Specialty Unit 200, 5510-268 Street, Langley BC V4W 3X4 Ph:1-800-775-7966</p>
<p>Fidgets</p> 	<p>Fidgets provide tactile input and can also help children work on fine motor skills. They include, squish balls, pencil toppers, koosh balls, spiky balls, etc.</p>	<p>Can be used when the child is sitting at his/her desk, carpet time, assemblies etc. Children using fidgets must be informed of rules with regards to use of a fidget in the classroom. Fidgets are to remain in the hands at all times, it cannot be bounced, thrown or rolled around and must be stowed away when it is not needed (e.g. in gym class)</p>	<p>\$2.00-\$10.00</p>	<p>School house teaching supplies 2014 Douglas Street, Victoria, BC V8T 4L1 Ph: (250) 385-9030 www.schoolhouseteaching.com/ Dollar Store 2496 Beacon Avenue. Sidney Ph: (250) 655-7171 Buddies Toys 2525 Estevan Ph: (250) 595 6501 Toys R Us www.toysrus.ca/home/index.jsp Mayfair Shopping Centre 3147 Douglas Street Victoria, BC V8Z 6E3 Ph: (250) 953-2400</p>
<p>Foam Blocks</p> 	<p>Foam blocks can be used as 'heavy work' when carried by the child or be used to 'crash' into to provide tactile input.</p>	<p>Can be used to build a block tower, carried through an obstacle course or built up and crashed into after using the scooter board.</p>	<p>Set of 2 large blocks \$129.00 Set of 12 blocks: \$45.99</p>	<p>Southpaw Enterprises 1-937-252-7676 or www.southpawenterprises.com Back to Basics Toys Games and Hobbies 1-800-356-5360 www.backtobasicstoys.com/item/productid/3847/</p>
<p>Hop-it Ball</p> 	<p>Hop-it balls provide movement and vestibular input. They increase arousal.</p>	<p>Sit on the ball, hold onto the handle and bounce on it. Watching the ball bounce may also help enhance arousal.</p>	<p>\$25.00-\$50.00</p>	<p>Buddies Toys 2525 Estevan Ph: (250) 595 6501 Walmart Town & Country Shopping Centre Ph: (250) 475-3356 Toys R Us www.toysrus.ca/home/index.jsp Mayfair Shopping Centre 3147 Douglas Street Victoria, BC V8Z 6E3 Ph: (250) 953-2400</p>
<p>Lomsk Chair</p> 	<p>The Lomsk™ chair from Ikea is a great example of a "womb space seat". The cover creates a little get away for the child to decrease visual stimulation and relax in. With the cover open, you can use your foot to swivel the chair.</p>	<p>Use it in a quiet part of the room to help further decrease visual or auditory stimuli.</p>	<p>\$89.00</p>	<p>Ikea 3200 Sweden Way Richmond, BC V6V 2A5 (604) 273-2051 www.ikea.com/ca/en/search/?query=lomsk+chair</p>

<p>Medicine Balls</p> 	<p>Medicine (weighted) balls can be used as a 'heavy work' activity. This can help facilitate calming for those who are sensory seeking.</p>	<p>Roll the ball back and forth (between adult and child or child and child) and gradually increase the distance between the two people to enhance heavy work.</p> <p>Carry 2 medicine balls (1 in each hand) back to class (or other destination) in plastic bags to facilitate calming upon return to class.</p>	<p>3lbs-5lbs balls: \$5.00-\$8.00</p> <p>\$20.00-\$99.00</p> <p>Nike 6lbs ball: \$29.99</p>	<p>Sportchek Victoria Bay Centre Unit #311 A 1150 Douglas Street. V8W 3M9 Ph: (250) 588-5103 www.sportchek.ca</p> <p>Fitness Depot 12120 Bridgeport Rd Richmond, BC www.fitnessdepot.ca</p> <p>Sears www.sears.ca/gp/node/n/396536011?extid=032508_bws_1en_2gogl_3fitness_4fitness-generic_5medicine-balls&gclid=CNDxjeicsJcCFQ89awod30LKkA</p>
<p>Movin' Sit cushions</p> 	<p><u>Movin' sit™ cushions</u> are air filled and adjustable. They are wedge shaped, which helps shift the pelvis tilt forwards, discouraging a slouching spine. The surface has bumps for extra tactile stimulation.</p>	<p>Easily transported and can be used almost anywhere where the child may need to sit. Can be used during carpet time, during assemblies or be placed on a chair during tabletop activities.</p>	<p>\$30.00-\$40.00</p>	<p>Diamond Athletic Medical Supplies 75 Poseidon Bay, Unit 185, Winnipeg Manitoba, Canada R3M 3E4 Ph: 1-800-781-9127 www.diamondathletic.com/home</p> <p>Abilitations-Specialty Unit 200, 5510-268 Street, Langley BC V4W 3X4 Ph:1-800-775-7966</p>
<p>Resistance Tunnels</p> 	<p>Resistance Tunnels provide 'heavy work', proprioceptive input, movement and tactile input. The heavy work helps to arouse. The resistance can help to facilitate calming. The darker environment in the tunnel may also help facilitate calming for children who are visually sensitive.</p>	<p>Have the child work their way through the resistance tunnel to the other side.</p>	<p>\$90.00</p>	<p>One Stop Sensory Shop: www.onestopsensoryshop.com/special-needs-products--resistance-tunnel-for-sensory-integration-therapy.html Ph: (210) 414-9913</p>
<p>Roll—Foam (e.g. Tumble Form Roll)</p> 	<p>TumbleForm rolls can be used to provide deep pressure and facilitate calming.</p>	<p>Use the roll as a "steamroller" and roll it over the child's back side of the body while he/she lies prone. You can adjust pressure based on the child's request.</p>	<p>\$141.00-\$550.00</p>	<p>Sammons Preston 1-800-665-9200 or www.sammonspreston.ca</p>
<p> Scooter Boards</p> 	<p>Scooter boards provide movement and vestibular input. They help to facilitate arousal and help children who are sensory seeking movement and vestibular input. Vibrations from the floor when the scooter board rolls across the floor also provides sensory input.</p>	<p>The child can sit on or lie prone on the scooter board and propel themselves around on the floor. Scooter boards can also be used on a scooter ramp.</p>	<p>\$22.00-\$50.00</p> <p>\$130.00-\$350.00</p>	<p>Pacific Pediatric Supplies http://pacificpediatricsupply.com/cart/index.php?main_page=index&zenid=5297068862d2133c4dea892c67c890db</p> <p>Southpaw Enterprises 1-937-252-7676 or www.southpawenterprises.com</p>

<p>Stretch-Ease</p> 	<p>Stretch-Ease stretches and pulls against the body. It provides proprioceptive input. The resistance against the body helps facilitate calming.</p>	<p>Use your head, arms and legs to push against the fabric. Do stretches in the stretch ease to enhance resistance. Refer to body sox for other activity ideas.</p>	<p>\$30.00-\$35.00</p>	<p>Dyynamic Movement Products www.dydynamicmovement.com/store/home.php?cat=1</p>
<p>Tactile Discs</p> 	<p>Tactile discs are suitable for children seeking tactile input. Hopping from one disc to the next also provides movement input.</p>	<p>Can be placed on the floor like lily pads. Children can hop from one to the other. The discs can also be used to touch and feel.</p>	<p>\$70.00-\$80.00</p>	<p>Sensory Edge www.sensoryedge.com/</p>
<p>Therapy Balls</p> 	<p>Therapy balls can be used to calm and arouse depending on the activity. Can also be used as a chair to provide vestibular input.</p>	<p>Rolling on the ball in a back and forth motion or having the ball rolled over top of the back of the body can help to calm by providing vestibular input and/or deep pressure. Bouncing the ball or watching the ball bounce can be hyper-arousing.</p>	<p>\$39.00-\$49.00 \$24.00-\$55.00 \$26.00-\$150.00 \$24.00-\$55.00, bulk discount</p>	<p>Relax the Back 774 Spruce Street, Victoria, BC Ph: (250) 592-1974 Sports Traders 508 Discovery Street Ph: (250) 383-6443 Abilitations-Specialty Unit 200, 5510-268 Street, Langley BC V4W 3X4 Ph:1-800-775-7966 Alloyd Fitness 7-415 Dunedin Ph: (250) 480-0222</p>
<p>Tire Swing</p> 	<p>Tire swings provide movement and vestibular input. Spinning the tire swing facilitates arousal, while a back and forth movement can facilitate calming.</p>	<p>Child can sit in the swing and pushed back and forth or rotated.</p>	<p>\$120.00</p>	<p>Home Depot 3986 Shelbourne Street Saanich, BC V8N 3E3 (250) 853-5350 www.homedepot.ca</p>
<p>T-Stool</p> 	<p>T-stools is a dynamic seat for older children who have adequate balance and understanding of rules set around using them in the classroom. It provides vestibular input and requires that children use increased stability, trunk control and balance while sitting.</p>	<p>To be used when the child is engaging in tabletop activities.</p>	<p>\$69.95</p>	<p>Flag house Inc. www.flaghouse.ca Suite 105-235 Yorkland Blvd. New York, ON M2J 4Y8 Ph: 416-495-8262 or 1-8000-265-6900</p>
<p>Trampoline (Mini)</p> 	<p>Trampolines provide movement and vestibular input. They facilitate arousal and therefore, (ideally) should be used in conjunction with something to bring down arousal (e.g. a bean bag chair for calming).</p>	<p>Have the child jump 3-5 times and crash into the bean bag chair.</p>	<p>\$30.00</p>	<p>Walmart Town & Country Shopping Centre Ph: (250) 475-3356</p>

<p>Trampoline with safety handle</p> 	<p>For safety</p>	<p>Install beside trampoline for the child to hold onto.</p>	<p>\$195.59-\$429.29</p>	<p>Abilitations Unit 200, 5510-268 Street, Langley BC V4W 3X4 Ph: 1-800-775-7966.</p>
<p>Weighted Blankets</p> 	<p>Weighted blankets provide deep pressure input to the body to help calm an over-anxious or over-stimulated person. The weighted input is recognized by the brain as a calming stimulus and is often used as a tool for emotional and behavioural self-regulation.</p>	<p>Weighted blankets can be used over your bed sheets for sleeping, after school or a busy day for 20 minutes of rest time or any time your child needs to calm itself.</p> <p>A child must never be left unsupervised when using a weighted item, must easily be able to slip out of the blanket (it is not a confinement), and their head must never be covered by the blanket. The weight must be in proportion to the child's physique and weight.</p>	<p>\$180.00-\$250.00</p>	<p>Sammons Preston 1-800-665-9200 or www.sammonspreston.ca</p>
<p>Weighted Animals</p> 	<p>Weighted animals provide deep pressure input to the body to help calm an over-anxious or over-stimulated person. The weighted input is recognized by the brain as a calming stimulus and is often used as a tool for emotional and behavioural self-regulation.</p>	<p>Weighted animals are positioned over the thighs or on top of shoulders usually when seated to do homework, at the computer, while watching TV, eating dinner, waiting in a Dr.'s office or any other situation, which may help with reducing stress.</p> <p>Do not wrap weighted snake around the child's neck</p>	<p>\$37.00</p>	<p>School Specialty-Integrations Unit 200 5510, 268 Street, Langley BC V4W 3X4 Ph: 1-800-775-7966 www.integrationscatalog.com/products.jsp or www.schoolspecialty.ca</p>
<p>Weighted Pocket Animals</p>	<p>Pocket animals provide deep pressure input to the body to help calm an over-anxious or over-stimulated person. The weighted input is recognized by the brain as a calming stimulus and is often used as a tool for emotional and behavioural self-regulation.</p>	<p>Pocket animals can be placed in coat pockets or in a child's backpack or carried close to the torso.</p> <p>Weighted items lose their benefits after ~20 minutes, when the nervous system has accommodated to the input. The calming results may last for a few minutes to a few hours after the item is removed.</p>	<p>\$25.00</p>	<p>School Specialty-Integrations Unit 200 5510, 268 Street, Langley BC V4W 3X4 Ph: 1-800-775-7966 www.integrationscatalog.com/products.jsp or www.schoolspecialty.ca</p> <p>Toys R Us (e.g. Beanie Toys) www.toysrus.ca/home/index.jsp Mayfair Shopping Centre 3147 Douglas Street Victoria, BC V8Z 6E3 Ph: (250) 953-2400</p>

<p>Weighted Lap Pads/ Weighted Lap Quilts</p> 	<p>Weighted lap pads provide deep pressure input to the body to help calm an over-anxious or over-stimulated person. The weighted input is recognized by the brain as a calming stimulus and is often used as a tool for emotional and behavioural self-regulation.</p>	<p>A lap pad is positioned over the thighs usually when seated to do homework, at the computer, while watching TV, eating dinner, waiting in a Dr.'s office or any other situation, which may help with reducing stress.</p> <p>Weighted items lose their benefits after ~20 minutes, when the nervous system has accommodated to the input. The calming results may last for a few minutes to a few hours after the item is removed.</p>	<p>\$50.00</p>	<p>Sammons Preston 1-800-665-9200 or www.sammonspreston.ca</p>
<p>Weighted Vests</p> 	<p>Weighted vests provide deep pressure input to the body to help calm an over-anxious or over-stimulated person. The weighted input is recognized by the brain as a calming stimulus and is often used as a tool for emotional and behavioural self-regulation.</p>	<p>Weighted vests are worn over a child's shirt. This allows more mobility than a weighted lap pad or blanket. A child may find the weighted input helps them stay calm in a busy environment such as a mall, school bus, or in a room that echos such as a gym or recreation centre. However, weighted vests shouldn't be worn during strenuous activity, running or jumping. (Jumping provides it's own joint stimulation anyways).</p> <p>Weighted items lose their benefits after ~20 minutes, when the nervous system has accommodated to the input. The calming results may last for a few minutes to a few hours after the item is removed.</p>	<p>\$50.00-\$70.00</p>	<p>School Specialty-Integrations Unit 200 5510, 268 Street, Langley BC V4W 3X4 Ph: 1-800-775-7966 www.schoolspecialty.ca/abiltations</p> <p>Sammons Preston 1-800-665-9200 or www.sammonspreston.ca</p>