

**Child's Play
Pediatric Occupational Therapy Services**

46 Post Rd. East Westport CT 06880 (203)226-9961

Deep Pressure/Heavy Work Opportunity Reference Schedule:

Child: _____

Date: _____

- 7:30** Brushing
- 8:00** Breakfast: Chewy or Crunchy
i.e. Bagel, Bacon, Cereal, Apples, Pears
- 8:30** Weighted Backpack: i.e. Books, Cans of Soup
- 9:00** Bus stop: Jumping Jacks, Marching, Jumping
- 9:30** Arrival: Brushing, Bear-Hugs From Teacher
- 10:00** Free Play: Floor Play, Constructive Play with Heavy Blocks
- 10:30** Transition: Crawling, Animal Walks, Wheelbarrows to Circle
- 11:00** Snack: Chewy or Crunchy
i.e. Fruit Chews/Wraps, Sourdough Pretzels, Raisins/Dried Fruit, Bagel Chips,
- 11:30** Circle: Brushing, Weighted Vest/Lap Pad/Blanket/Fanny Pack, Ankle Weights
- 12:00** Circle: Incorporate Clapping, Stomping, Jumping
- 12:30** Lunch: Chewy or Crunchy Provided Within Meal
i.e. Bagel, Apples/Pears, Shake/Yogurt Drink, Breadsticks, Raw Veggies
- 1:00** Music: Utilize Instruments such as Cymbals, Drums, Sticks, and Clapping
- 1:30** OT/PT/GYM:
i.e. Trampoline, Foam Mat Jumping, Neoprene Swing, Medicine Balls, Brushing,
Scooter Games using ropes, Physioball Crashes/Bouncing, Bike Riding, Body Sock
- 2:00** Classroom Helper Tasks:
i.e. Pushing In Chairs, Door Holder, Transporting Materials Baskets, Clean Up
- 2:30** ST/SPED(While Working at A Table):
Bounce on Physioball, Move-n-Sit Cushion, Theraband on Chair Legs, Chewy Food
Reinforcer (i.e. Gum Drops, JuJu Fruits, Licorice, Taffy, Gummy Bears), Hug Vest
- 3:00** Brushing, Goodbye Bear Hugs, Weighted Backpack For Bus Ride Home, Hopping
- 3:30** Snack: Chewy or Crunchy
i.e. Fruit Chews/Wraps, Sourdough Pretzels, Raisins/Dried Fruit, Bagel Chips,
- 4:00** Home: Body Wrapping, Body Sock, Hot Dog Squish, Bear Hugs, Steam-Roller Games
- 4:30** Active Time: Jumping, Climbing, Bungee Swing, Marching, Follow the Leader
- 5:00** Exercise: Biking(stop & go), Tug-O-War, Snow Building, Snow Walking, Trampoline
- 5:30** Brushing
- 6:00** Dinner: Chewy or Crunchy Opportunity Provided Within Meal
(i.e. Meat, Chicken, Sausage, Bacon, Soup w/Crackers, Crunchy
Potatoes (French Fries/Tater Tots/Oven Chips), Salads w/Croutons & Raw Veggies,
- 6:30** Quiet Time/TV Time: Bean Bag Chairs, Snuggling, Heavy Blankets, Massage
- 7:00** Bath Time: Deeper Bath w/Splashing, Towel Rub Down, Lotion Massage
- 7:30** Personal Care: Brushing, Compressions, Electric Toothbrush, Bear Hugs
- 8:00** Bed Time: Massage, Bear Hugs, Snuggle, Body Pillows, Heavy Blankets