



## Taco roll with 3D moves

### Purpose:

- to calm the brain body system
- to provide external cues for grounding with his environment
- to connect the brain and the body through three dimensional movements (right/left, front/back, up/down)

### Materials:

- large towel or blanket
- therapy ball



### Procedure:

- lay blanket on the ground
- lay student at one edge of the blanket with his arms and legs straight
- Begin by rolling the blanket around student, tucking the edges under his/her body
- Continue rolling until student is at the other edge of the blanket

### Activities while rolled:

- front back rock to rhythm (place your hand at his shoulders and hips while student is laying on his/her side ----do both sides)
- up/down push to rhythm (hand placed on shoulder and hip with a pushing motion - side lying or place your hands on his feet and push up/down - laying on back)
- steam roller - roll large ball or bolster over student laying on side, front and back
- deep pressure - adult applies deep firm pressure while student laying on each side and back
- Caterpillar crawl - student works his way out of tightly rolled blanket
- lazy 8s horizontal around shoulder blades and vertical along spine
- Vibrator lazy 8s
- If the student is small, while wrapped in blanket, place student sitting, over a ball on stomach or back and move right/left, up/down and front/back
- Have child work arms out of blanket and push down to facilitate learning to push pants down

Grandin, T. (1992). Calming Effects of Deep Touch Pressure in Patients with Autistic Disorder, College Students, and Animals. JOURNAL OF CHILD AND ADOLESCENT PSYCHOPHARMACOLOGY. Volume 2, Number 1. <http://grandin.com/inc/squeeze.html>

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Amanda Letsos, OTR 10-08

