

## Calming Activity - Sausage Roll

### Goals:

- Vestibular, Proprioceptive and tactile stimulation
- Body Awareness
- Joint attention
- Playing pretend

### Materials

- Sturdy piece of cloth (Sheet, blanket etc)

### Setup

- Lay the cloth down on a rug

### Directions

Have your child lie on one end of the cloth. Roll the child from one end of the cloth to the other so they end up rolled nice and snug inside the cloth.

Sing a song while rolling, such as this one, to the tune of “Row, Row Row Your boat”.

*Roll, roll, roll you up*

*Roll and roll you up*

*Roll and roll and roll and roll*

*In to a sausage roll.*

Then, if you think the child will be amused (as opposed to scared!), pretend to eat them up, with adults modelling movement.

“Yum yum!”

When ready, gently lift one end of the cloth so the child slowly rolls out onto the rug.