



Bean Bags

Benefits

A bean bag provides a calming and secure place.

The textured cloth and ability to take the shape of the child makes it a versatile positioning tool and play space.

The bag gives good proprioceptive input that can be enhanced by the selection of material for the cover.

A bean bag provides a calming and secure place for children.

Materials

1. textured cloth of one and a half meters
2. Thermacol from packing of electronic and fragile goods

Preparation

1. Use an old silk sari, spun cotton bedsheets or other textured natural cloth to give the bean bag a nice look and feel.
2. Stitch the cloth into a cube or rectangular shape, leaving the last panel open.
3. Take thermacole packing and break into small pieces.
4. Stuff the bag through the open end and stitch securely.

Activities

1. Lie or sit on the bag to feel enclosed and secure and calm
2. Use the bag as one of the positioning options for children with motor issues.