

Weighted Snakes



Benefits

Drape around the shoulders or hips to provide deep continuous pressure to these major joints.

Helps calm children who need a lot of proprioceptive inputs.

Deep pressure at major joints enables sustained attention.

Proprioceptive input at the shoulder can help with ocular-motor functions such as fixation.

Can help children develop awareness of and maintain good posture.

When attention flits around and help is needed to keep grounded,

Materials

1. Tights or stockings
2. Filling: Rough sand provides the best weight and texture. Use seeds, rice or other fillings to reduce weight of the final product.

Preparation

1. Separate the legs on the tights so as to create two separate long tubes. For an extra-long snake, you can attach the two legs end-to-end.
2. Weigh and keep the fillings in amounts of 500 grams.
3. Mix the fillings to create the desired weight for the snake.
4. Stockings or tights may need to be doubled to ensure that the filling doesn't leak out.
5. Double fold and stitch the ends of the tights or stockings.

Tip: Fine sea sand leaks out of very small holes. Use a cotton strip stitched to both sides when closing the edges.