

Pizza Massage



- Roll me up in a blanket. I might like it to be really tight and snug.
- I might like to have my face inside too. Check out with me frequently to check I'm comfortable.
- Apply different types of pressure and touch to add toppings.
- When I'm ready roll me out for a big hug or squeeze.

This game is really good to help with tactile sensory awareness and can provide the opportunity for deep muscle pressure which can be regulating and soothing for some children.