

Information for Use



Body Sock

SKU: BSC

WARNINGS:



Keep away from fire



Not suitable for children under 3 years



Adult supervision required



Do not use while sleeping

Important:

- The area used for playing should be clear of any obstacles and obstructions to ensure safe play.
- Ideally, the user should keep their head and neck outside of the Body Sock. If the user chooses to put their head inside the Body Sock, they must have someone with them to assist if required.

PRODUCT OUTER

85% Nylon / 15% Spandex

Care Instructions

Machine washable 30°C. Use a gentle wash and low spin cycle. Do not use bleach. Do not tumble dry or iron. Air dry recommended. Please ensure the Velcro hook and loop sides are fastened together before washing. We recommend using a mesh laundry bag.

Good to know:

- Made from soft, 4-way stretch Lycra with a Velcro fastening providing an all-round movement, proprioceptive and tactile experience.
- Available in 3 sizes:
 - **Small** – (L) 100cm x (W) 60cm – Opening 60cm.
Suitable for children 1.0m to 1.25m tall.
 - **Medium** – (L) 120cm x (W) 70cm – Opening 65cm.
Suitable for children 1.2m to 1.45m tall.
 - **Large** – (L) 150cm x (W) 75cm – Opening 70cm.
Suitable for children 1.5m to 1.75m tall.
- The Body Sock can be folded away to a compact size to allow for easy storage or to carry with you.

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Good for:

- Whole body sensory feedback.
- Sensory integration to promote body awareness.
- Motor planning and gross motor development.
- Promoting physical exercise to help relieve stress and anxiety.
- Those that need to burn off steam in a safe environment.
- Those that like to pull and push and feel their muscles work hard against resistance.
- Use in a quiet corner or reading corner for self-regulation.
- Use at home, school or therapy sessions.

Fun things to do with a Body Sock:

- Get your whole body inside the Body Sock and fully stretch out your arms or legs or both! You can try doing this whilst standing, sitting or lying down.
- Try balancing on one foot whilst you feel the resistance of the Body Sock around you or try out your favourite yoga pose!
- Try the Body Sock as part of a calming down activity - get inside, push gently against the fabric until you can feel the resistance and enjoy the deep pressure sensation. Pull the Body Sock around you in a hug.
- Whilst inside the Body Sock, lie on your back and squeeze your knees up to your chest, wrapping your arms around them - then push up and out with your hands, arms, legs and feet - releasing all your tension at the same time. "POP"!!
- Try rolling around with your arms tucked in and your legs stretched out (like you do when rolling down a grass slope).
- Whilst lying on the floor (side, back or tummy) - try making the shapes of the letters to spell out your name!
- With a friend sit facing each other, take it in turns to copy the movements of the other - see how many silly poses and shapes you can make!



Made in China

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