

## BagOBalls

with Activities by Cecilia Cruse, MS, OTR/L



### Introduction

Walk on it! Jump on it! Crawl inside or under it! Abilitations BagOBalls is a ball of fun!

This oversized bag and balls is the perfect piece of sensory equipment to provide tactile and/or deep pressure input. Use as few or as many balls or soft objects as you like (bag can hold up to 1000 multisensory balls) to provide a sea of sensory input for moving or calming. Grab your BagOBalls and get rolling!

### Product Use

Insert the amount of multisensory balls or other soft items (foam pieces, pillows etc.-not included) into the bag and pull the drawstring closed. Then encourage playtime or quiet time with these ideas:

1. Spread out the bag and encourage the child to walk, roll or crawl from one end to the other. Place the BagOBalls over a single or several foam wedges to form an angle or grade as they climb up or down the 'mountain'.
2. Place the BagOBalls inside a ball pit or portable inflatable wading pool. Let the child fall in off a zip line or other suspended equipment, or jump from a raised platform or chair onto the BagOBalls. Crash! Perfect for proprioceptive input.
3. Open the drawstring and have the child crawl inside the BagOBalls. Pull closed loosely, then rearrange the bag around the child as needed for a cocoon-like experience inside the BagOBalls.



4. Hide various objects inside the BagOBalls (beanbags, stuffed animals, etc-not included) and encourage the child to go exploring inside the bag. See if the child can retrieve the items you requested. While they are 'hunting' for the objects, you can increase the sensory experience by rearranging the bag around the child to provide continuous tactile/deep pressure input.
5. As above with child inside or underneath the bag, but this time have the child lie flat in prone (on tummy). Use a large therapy roll or therapy ball (not included) to 'squish' the child. "Look out, here comes the steamroller!" This is very calming and a wonderful source of proprioceptive input.



### Care & Safety

The BagOBalls measures 60"x 65" (152cm x 165cm) and features an easy drawstring close for use. The BagOBalls comes individually or with 500 or 1000 multisensory balls. Empty the BagOBalls before cleaning. Machine wash and tumble dry. Recommend placing a mat under the BagOBalls for safety during use (or a well padded carpet works fine as well).

Children should be supervised at all times when using the BagOBalls! Monitor the child carefully especially when inside the BagOBalls and keep the drawstring loose for proper ventilation.

### Recommended Products

Check out these other fine Abilitations products:

- **Fish Tunnel:** A 15' Lycra tunnel that is wonderful for crawling through or wrapping around for deep pressure input. Item# 1-09645
- **Cloud Nine:** Soft velour outside with chunky foam pieces inside. Perfect for climbing, crashing and bashing! Item# 2-25968
- **Sportime BeanBag Frogs:** Polypellet filled beanbags shaped like frogs. Set of 6. Great for adding inside the BagOBalls for hide and seek! Item# 1-71731

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