

BODY SOCK

PRODUCT GUIDE

You'll be an
expert in no time



TACTILE & PROPRIOCEPTIVE INPUT

The Harkla Body Sock gives immediate feedback to the tactile and proprioceptive systems when it is worn, both in one static position or used for dynamic movement based tasks.

Proprioception is the sense that tells your brain where all your body parts are, even if you've got your eyes closed, even when you're upside down in a handstand, or folded in half cleaning something off the floor.

By providing deep pressure to the whole body and adding resistance to every movement, children get extra proprioceptive input with the body sock. It promotes body awareness - knowing where your body is in space.

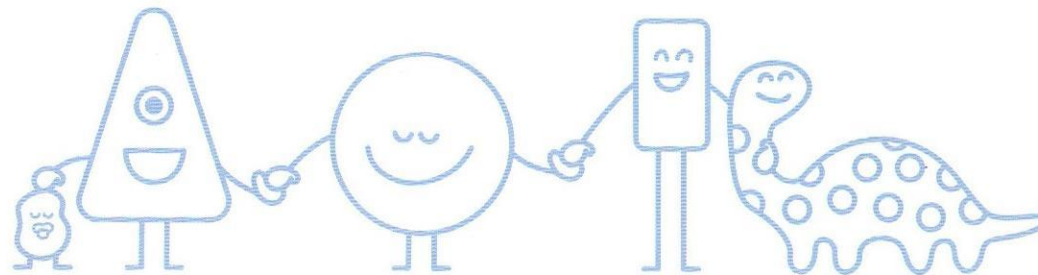
Climbing completely inside a body sock can minimize visual input, especially when an environment is overwhelming. It can target motor planning skills, challenging the user to figure out how to move the body while wearing it.

It also gives the tactile benefit for seekers because it is soft and stretchy to the touch. The body sock provides calming and organizing input all over the body at the same time.

IT'S FOR EVERYONE

Both children and adults can benefit from the sensory input of the Harkla Body Sock. The physiological benefits are consistently observed to help with emotional and sensory regulation needs associated with:

- Attention Deficit Disorder (ADHD)
- Autism Spectrum Disorder (ASD)
- Psychiatric disorders (mood disorder, depression, anxiety, dementia, post-traumatic stress disorder)
- Sensory Processing Disorder (SPD)



HOW TO USE THE HARKLA BODY SOCK

The body sock is portable, fun and can be used creatively. There are so many fun ways to use it! Here are our favorites:

1. Play with Position and Movement

Try walking upright around the room or on all fours, crawl through tunnels, roll across the room or down a hill.

Add another element to animal movements like bear walking, crab walk/scuttle, slithering like a snake, and hopping like a bunny.

Challenge yourself even more by playing leapfrog, doing jumping jacks, having wheelbarrow walk races, and so much more!



2. Yoga Poses

Besides the obvious extension position of hiding your head inside the body sock and stretching all your limbs out like a 5-point star, hold some different yoga positions too.

Practice down dog, child pose, tree pose, or move through a sun salutation sequence while wearing the body sock and see how it feels. Try to maintain corpse position (Shavasana) all stretched out, still and relaxed, while doing some yogi breathing exercises.

3. Fun Motor Activities

Design an obstacle course and try to complete it while inside the body sock. Play balloon volleyball, or other balloon-based or ball games. See if you can operate a scooter board, roller-racer, or wheeled toy to add an element of motor planning.

Expand a movement activity on a swing or suspended equipment in an OT office to involve several sensory systems at once.

For more fun body sock ideas, check out the Harkla Blog!
Visit: harkla.co/body-sock-activities or Scan the QR Code.



WEIGHTED LAP PAD

Whether it's for school, at home, at concerts and movies, or on car rides, a Harkla Sensory Lap Pad is the perfect portable tool to help achieve a calm, relaxed child.

- Machine Washable - We all know this lap pad will get something spilled on it... no worries! It stays perfectly soft through machine washing!



- Extra Weighted Pockets - If the lap pad doesn't have enough pockets, it will slide off your child's lap. That's why we have stitched so many into it!

- Durable - We built this lap pad to take a beating so you don't have to worry about it breaking.

Visit

[harkla.co/products/
weighted-lap-pad](https://harkla.co/products/weighted-lap-pad)

or

Scan the QR Code below
to learn more about the
Harkla Weighted Lap Pad

