# Little SPARK: Simple Play Adaptations to Reference for Kids

## Lean and Learn Wedge Cushion

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| **Description:** | **Image:** |
| The Lean and Learn Wedge cushion gently tilts the hips, pelvis and spine forward for improved seating posture to allow for focused wiggling and bumps for sensory input. [Purchasing Information](https://funandfunction.com/lean-n-learn-wedge-cushion.html) | Lean and Learn Wedge Cushion  with bumpy surface. |

**Who Might Benefit?**

Those who need sensory input, mild movement, or mild seating supports to stay focused and maintain a functional seated posture for engagement during activities.

**Why Use?**

Supports a “ready to work” posture, allows movement while seated, encourages self-regulation, improves balance, posture, body awareness, and enhances sensory processing skills.

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| Instructions for Use: | Adaptation Ideas: |
| **Environmental Considerations*** Use in all settings, on the go, and in group and one-on-one activities.

**Positioning/Alternate Positioning*** Use in any position; seated, standing, on the floor, under the feet, as a backrest, under the child’s chest when lying down, etc.

**Basic Play/Use 🡪 Extended Play/Use*** Use in a chair or on the floor for seated activities. 🡪 Sit and reach games for balance play.

**Play/Use with Others*** Take turns tossing a ball or bean bag from the cushion or other turn taking games.
 | **Stabilize It*** Dycem or shelf liner to stabilize the cushion on any surface.

**Contain It*** Use on a chair with arms to provide more trunk support and less sliding.

**Add Sensory Cues*** Use either side of the cushion, smooth or small bumps.

**Communication Supports*** Visual supports like communication cards and social narratives can help a child communicate their feelings.

**Alternative Uses*** Include in an obstacle course and other gross motor and balance activities.

**DIY Alternatives** * Minimally/moderately inflated beach balls for needed amount of movement. Not the ideal alternative for assisting with “ready to work” posture and not as durable.
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### Words to Encourage Play/Use

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| **Sit**A child sitting cross legged. | **Here**A black arrow pointing to an X. | **Ready**A child with blue shirt and shorts with lines emphasizing the child and a thumbs up from someone else. |
| **Move**A stick figure moving with arms raised. | **Stand**A child standing. | **ChairA red chair with black legs.** |
| **TouchA child with their hand on the shoulder of another child.** | **On****A black circle sitting on top of a black line.** | **OffA black arrow pointing to a circle that is away from the black line.** |

\*”Adaptations” adapted from: Haugen’s Modes for Adapting Toys based on materials from the "Let's Play" Project at the University of Buffalo

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