# Little SPARK: Simple Play Adaptations to Reference for Kids

## Wipe Clean Weighted Lap Pad 3lb

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| **Description:** | **Image:** |
| The Wipe Clean Weighted Lap Pad (Small) is 13" x 8", made of 100% polyurethane, contains 3 lbs of steel pellets in a separate lining.Use with children weighing 30+ lbs to provide gentle weight on a child’s lap to sooth the child and provide a gentle reminder to remain seated.[Purchasing Information](https://funandfunction.com/wipe-clean-weighted-lap-pads.html) | Wipe Clean! Weighted Lap Pads |

**Who Might Benefit?**

Those who need support staying seated, sustaining attention, or managing anxiety and behaviors during seated activities.

**Why Use?**

Enhance body awareness, support self-regulation, and improve focus and engagement during activities.

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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 primarily in a seated position on the child’s lap.

**Basic Play/Use 🡪 Extended Play/Use*** Place on lap during seated activities, circle time, incorporate in bed time routines. 🡪 Play a game asking the child to place the lap pad on different body parts to increase body awareness.
 | **Stabilize It*** Dycem or shelf liner to stabilize the lap pad on any surface.

**Add Sensory Cues*** Add texture cues or alternative sensory input on the surface.

**Communication Supports*** Visual supports like communication cards and social narratives can help a child request the lap pad, communicate putting lap pad on/off, and identify feelings.

**DIY Alternatives** * [How to make your own weighted lap pad](https://chicagooccupationaltherapy.com/articles/how-to-make-your-own-weighted-lap-pad/) (Chicago Occupational Therapy)
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### Words to Encourage Play/Use

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| **On**A black and white image of a balance  Description automatically generated | **Off**A black arrow pointing to a line  Description automatically generated | **Calm**A cartoon of two men  Description automatically generated |
| **Anxious**A cartoon of an egg with a face  Description automatically generated | **Heavy**A green and yellow squares on a scale  Description automatically generated | **LightA green and yellow squares on a pole  Description automatically generated** |
| **LapA close-up of a person's hand on a chair  Description automatically generated** | **HelpA person kneeling on his knee and another person kneeling on his knee  Description automatically generated** | **ArmsA cartoon of a person's body  Description automatically generated** |

\*”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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