

Therapeutic Tools requested by Momentum for Health's Crossroads here in San Jose. The tools are well researched to provide therapeutic benefits to people experiencing mental health challenges. The YouTube links were provided by the coordinator at Momentum for Health. To learn more visit the website for Momentum of Health at <https://momentumforhealth.org/>

Weight vests, 2 small, 2 medium, 2 large, 2 extra large. Can use an existing or purchased fleece vest.

Weighted blankets, 3-5, lap size

Weighted stuffed animals, 2 cats, 2 dogs or any other stuffed animal, it can be made from purchased stuffed animals.

Bean bags, approximately 6 X 6 Inches with 15 - 16 Oz. Of weight. Requesting 10-15 (the bean bags would be used for rhythmic bean bag tapping by the individual on their own body during group therapy)

Marble mazes, 3-5, PDF pattern located in Resource list on Community Sx. ASGSJ page.

Fidget/Sensory activity mats. 3-5

Weighted Stuffed Animals tutorial.

<https://www.youtube.com/watch?v=mZrt8kjAbtc>

Marble Maze tutorial

<https://www.youtube.com/watch?v=lmjH8mgmi5M>

Weighted Vest tutorial

<https://www.youtube.com/watch?v=sOJpTTI-Ac4>

Weighted blanket tutorial

<https://www.youtube.com/watch?v=0RKvJC37LtQ>

