

## RollEase™ Rolling Pin

By Cecilia Cruse, MS, OTR/L



### Introduction

Get ready to whip up a batch of calm kids with your RollEase Rolling Pin! Apply this firm foam rolling pin over the back of a child lying on tummy for plenty of deep pressure input and voila... an instant kid calmer! Great for sensory input and bilateral motor coordination when the child does the "rolling". Comes with a handle for easy hanging in a classroom or clinic.

### Product Use

Here are some of our favorite ways to put your RollEase to work:

1. Great for deep pressure input! Have the child lie face down on a firm mat or a carpeted floor. The child is the 'dough' while an adult or another child is the 'baker' and rolls over the child's back, lower back and thighs with the rolling pin. Take turns rolling out the 'cookie' or 'pizza' dough. Once the 'dough' is rolled out, place bean bags (not included) or other slighted weighted objects over the child's back for the chocolate chips or pepperonis.
2. Place a gym mat or weighted blanket over the child's back for the "bread" and "roll" out the bread for a sandwich.
3. Perfect for bilateral motor coordination! Have two 'bakers' send a 'dough' ball back and forth between them across a table or smooth surface. Each baker must use two hands to hold onto both handles of the rolling pin, then bat a ball or small beanbag (not included) back and forth to each other. This should require each child to cross midline and/or use good trunk rotation as they stop the ball with their rolling pin, then resend it with a push out, again keeping both hands on the handles of the RollEase. You can vary the size and weight of the ball or beanbag to fine tune coordination skills and deep pressure input.
4. A single baker can play. Have the child stand at a table has one end against a wall. The child can then push the ball forward with the rolling pin to the wall, and keep a momentum going.
5. Super for co-contraction and promoting proximal stability. Have the child stand in front of a blank wall, dry erase or chalkboard.

Using both handles on the RollEase see how far the child can roll up on the wall or board to stretch both arms in full extension (elbows straight). Place a star and/or another visual cue and "roll for the stars!" keeping both hands on the RollEase handles at all times.

### Modifications

Some children who are especially touch sensitive (tactile defensiveness) may need gradual exposure to the RollEase. Demonstrate on a favorite doll and/or with another child initially to model the exercises and gauge the child's response before proceeding.

### Care & Safety

The RollEase Rolling Pin measures 31 ½" long (155.5cm) and weighs approximately 1 lb. It is made of rubber foam and pvc tubing. Contains latex. To clean, wipe down with a damp cloth or germicidal wipe. Children should be supervised at all times when using the RollEase. Recommended for children ages 4 and up.

### Recommended Products

Here are some great products to complement your RollEase:

- **Grabball:** 8½" (21.9cm) lightweight ball: item #010202
- **RollEase Kit:** item #1016243
- **Unimat Portable Therapy Mat:** 60" x 36" x2" (152cm x 91cm x5cm) item #012244
- **BeanBag Frogs:** item #1353169



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