



Community Primary School

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Orto nature puzzle mats – set of 6

ABOUT THE EQUIPMENT: Massage your feet and hands. Good for indoor and outdoor fun. Exercise mat and foot massager. Each mat is uniquely designed and can be used individually or linked together.

7 Amazing benefits of foot massage

- Improves blood circulation.
- Encourages better sleep.
- Boosts energy levels
- Improves immune function.
- Lowers blood pressure.
- Reduces the effects of anxiety.
- Speeds recovery in foot injuries

WHERE FROM & COST: Amazon – around £52

IDEAS OF USE: These can be linked together to create a textured walking trail or single squares set out like steppingstones to explore different textures as well as have a regulation benefit. These can be placed on a child's lap or table in front of them to explore new textures.



SAFETY MEASURES

- Adult supervision required if unsteady on feet.
- Wash with soap and hot water when finished to remove dirt and germs.

SIMILAR ITEMS, WHERE THEY ARE FROM & COST

ORTO NATURE 8 Piece Massage Puzzle Floor Mats – Amazon £66.65

Funny-Steps Children Play Mat - Orthopaedic Sensory Floor Mat set of 16 – Amazon £84.95

Set of 6 Textured Floor Tiles – Sensory Direct £49.95