



Community Primary School

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Resistance bands

ABOUT THE EQUIPMENT : a stretchy and wide rubber bands which has a resistive material.

WHERE FROM & COST: sensory direct £12

IDEAS OF USE:

- Tie it between the legs of the chair to provide
- Pull the band between to hands
- Attach the band to a piece of furniture and pull



SAFETY MEASURES

- Store in an out of reach place
- Could cause strangulation
- If the band snaps it could hit the individual causing injury

SIMILAR ITEMS, WHERE THEY ARE FROM & COST

A cloth or length of material which can be tied to a piece of furniture to pull (may all ready have this item)

Place a book on the floor for the child's feet when sat down (may also have this item)