Pizza Pillow Pile Up

This is a pressure therapy activity. Parents, you can utilize this when you feel your child needs to calm down or release. You can take turns so that both you and your child get a chance to relax!

Big Pillows = Sauce

Medium Pillows = Cheese

Small Pillows = Pepperoni or Veggies

With your child, gather all the pillows in your home (big, medium, and small)!
Make a soft pad on the ground, you can use towels, blankets, or yoga mats if you have them.

Now have your child lay on the soft pad on the ground.

Start with the biggest pillows and ask them how much sauce they want. Spread the “sauce” by putting the big pillows on top of them.

Now ask them how much cheese they want. Sprinkle the “cheese” by placing medium pillows on top of the big pillows.
Now ask them how many pepperoni they want. Top your pizza off by putting that many “pepperoni,” or small pillows, on the very top of the pile!

Ask your child if they want their pizza cooked – this is where you can lightly push on the pillows creating a little pressure on the child underneath. Be sure not to cover the child’s face at any time.

Now switch!