

# BODY SOCK

## PRODUCT GUIDE

You'll be an  
expert in no time



# TACTILE & PROPRIOCEPTIVE INPUT

The Harkla Body Sock gives immediate feedback to the tactile and proprioceptive systems when it is worn, both in one static position or used for dynamic movement based tasks.

Proprioception is the sense that tells your brain where all your body parts are, even if you've got your eyes closed, even when you're upside down in a handstand, or folded in half cleaning something off the floor.

By providing deep pressure to the whole body and adding resistance to every movement, children get extra proprioceptive input with the body sock. It promotes body awareness - knowing where your body is in space.

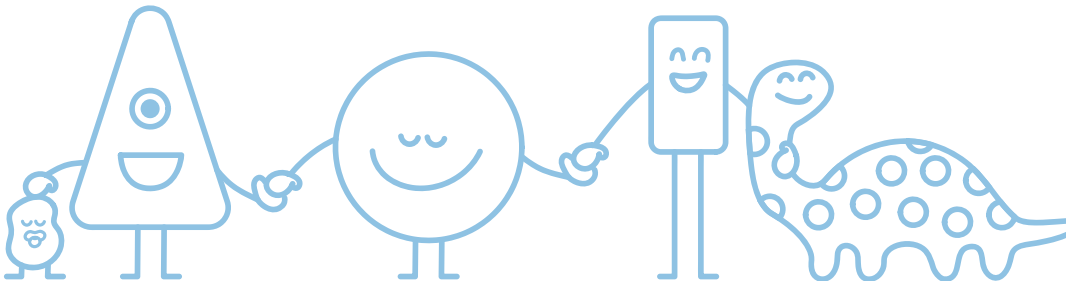
Climbing completely inside a body sock can minimize visual input, especially when an environment is overwhelming. It can target motor planning skills, challenging the user to figure out how to move the body while wearing it.

It also gives the tactile benefit for seekers because it is soft and stretchy to the touch. The body sock provides calming and organizing input all over the body at the same time.

## IT'S FOR EVERYONE

Both children and adults can benefit from the sensory input of the Harkla Body Sock. The physiological benefits are consistently observed to help with emotional and sensory regulation needs associated with:

- Attention Deficit Disorder (ADHD)
- Autism Spectrum Disorder (ASD)
- Psychiatric disorders (mood disorder, depression, anxiety, dementia, post-traumatic stress disorder)
- Sensory Processing Disorder (SPD)



## HOW TO USE THE HARKLA BODY SOCK

The body sock is portable, fun and can be used creatively. There are so many fun ways to use it! Here are our favorites:

### 1. Play with Position and Movement

Try walking upright around the room or on all fours, crawl through tunnels, roll across the room or down a hill.

Add another element to animal movements like bear walking, crab walk/scuttle, slithering like snakes, and hopping like a bunny.

Challenge yourself even more by playing leapfrog, doing jumping jacks, having wheelbarrow walk races, and so much more!



## 2. Yoga Poses

Besides the obvious extension position of hiding your head inside the body sock and stretching all your limbs out like a 5-point star, hold some different yoga positions too.

Practice down dog or child pose, tree pose, move through a sun salutation sequence while wearing the body sock and see how it feels. Try to maintain corpse position (Shavasana) all stretched out, still and relaxed, while doing some yogi breathing exercises.

## 3. Fun Motor Activities

Design an obstacle course and try to complete it while inside the body sock. Play balloon volleyball, or other balloon-based or ball games. See if you can operate a scooter board, roller-racer or wheeled toy to add an element of motor planning.

Expand a movement activity on a swing or suspended equipment in an OT office to involve several sensory systems at once.

For more fun Body Sock ideas, check out the Harkla Blog! Visit: [harkla.co/body-sock-activities](https://harkla.co/body-sock-activities) or Scan the QR Code.



## WEIGHTED BLANKET

Our sensory weighted blankets are designed with your family in mind. Whether you are buying one for anxiety, autism, or sensory processing disorder, you'll be happy you finally made the investment in a Harkla weighted blanket.



- 'Real Blanket' Design - Soft, comfortable, and just what your child needs for a full night's rest.
- Duvet Style - Comes with two pieces, easy to wash and dry.
- Sensory Seeking Fabric - Minky dot fabric is great for sensory seekers.



Visit

[harkla.co/products/  
weighted-blanket](https://harkla.co/products/weighted-blanket)

or

Scan the QR Code  
below to learn more  
about Harkla Weighted  
Blankets



## WEIGHTED LAP PAD

Whether it's for school, at home, at concerts and movies, or on car rides, a Harkla Sensory Lap Pad is the perfect portable tool to help achieve a calm, relaxed child.

- Machine Washable - We all know this lap pad will get something spilled on it... no worries! It stays perfectly soft through machine washing!





- Extra Weighted Pockets - If the lap pad doesn't have enough pockets, it will slide off your child's lap. That's why we have stitched so many into it!

- Durable - We built this lap pad to take a beating so you don't have to worry about it breaking.

### Visit

[harkla.co/products/  
weighted-lap-pad](https://harkla.co/products/weighted-lap-pad)

or

Scan the QR Code below  
to learn more about the  
Harkla Weighted Lap Pad



## SENSORY SWING

Want to see your child all cozied up in their very own relaxation spot? Then it's time to invest in a Harkla Therapy Swing for your home!



- **Made to Last -**  
Our sensory swing is made of durable canvas.
- **All Hardware Included -**  
Comes with everything you need for easy setup.
- **Safe for Your Child -**  
Holds up to 150lbs for a safe place for your child!



Visit

[harkla.co/products/  
sensory-swing](https://harkla.co/products/sensory-swing)

or

Scan the QR Code  
below to learn more  
about the Harkla  
Sensory Swing



## WEIGHTED COMPRESSION VEST

Our weighted compression vest combines a sensory input tool with a wearable by applying pressure to sensitive areas of the body. The perfect portable tool to help your child feel secure, calm & focused.

- Includes Added Weight - Perfect for a customized fit for every child, whether at home or in the classroom.



- Mesh Design On Front & Back - To help keep your child cool no matter what activity they're engaged in.

- Comfortable & Durable - Made out of soft neoprene and breathable mesh, our weighted compression vest is made to last.

### Visit

[harkla.co/products/  
weighted-compression-vest](https://harkla.co/products/weighted-compression-vest)

or

Scan the QR Code below  
to learn more about  
the Harkla Weighted  
Compression Vest



## HARKLA HUG

The Harkla Hug combines a sensory input tool with the fun of a toy! Inflate the pea pod and watch your child explore a new comfort spot in your home or kids sensory room.



- Soft & Comfortable -  
Made with flocked vinyl, this durable sensory tool is your child's new comfy spot.
- Easy to Inflate -  
An electric pump is included for easy setup!
- Comes in Two Sizes -  
Small: 48 x 29 x 20 inches  
(Recommended: 2-6, max 50 lbs)  
  
Medium: 60 x 29 x 20 inches  
(Recommended: ages 6-12, 100 lbs or less)



Visit

[harkla.co/products/  
harkla-hug](https://harkla.co/products/harkla-hug)

or

Scan the QR Code  
below to learn more  
about the Harkla Hug



## ABOUT HARKLA

Specializing in products for special needs children, we love to help parents create the ideal environment for their children to thrive in. We think children with special needs should have every opportunity to live happy and healthy lives. Comfort and durability are the key aspects we focus on.

We are dedicated to helping families and children through our products, but we want to find other avenues as well to create as much impact as possible. Because of this, we have started a blog with content from occupational therapists that gives actionable advice to families raising children with special needs.

Visit our Blog:

[harkla.co/blogs/special-needs](https://harkla.co/blogs/special-needs)

We also support the community by donating 1% of our sales each month to the University of Washington Autism Center.

This helps provide funding for research concerning autism.

