

# TECHNICAL GUIDE

Intervention tools for  
Day Camp



This kit complements your team's participation in the National Training in Leisure Accompaniment for People with Disabilities (FACC) offered by the *Unité régionale loisir et sport Gaspésie-Îles-de-la-Madeleine* (URLS GÎM), in collaboration with the *Association québécoise pour le loisir des personnes handicapées* (AQLPH).

These technical sheets are intended for facilitators to properly use intervention tools in day camp.

The basic kit includes:

- Ear protectors
- *A Time Timer*®
- *Tangle* (two types)
- A weighted cushion

The equipment belongs to you and will be useful for several years: identify the kit and intervention tools with the name of your camp! Add to your kit based on the needs of the accompanied youth (pictograms, notebooks, pencils...).

The *URLS-GÎM* team wishes you a wonderful summer!

## Ear Protectors



Target audience: Any individual with hypersensitivity to noise.

Many children, especially those with Autism Spectrum Disorder (ASD) or Intellectual Disability (ID), use this tool to significantly reduce ambient noise. It can also be used for anxious children and children with Attention Deficit Disorder (ADD), with or without hyperactivity. For example, by reducing ambient noise, it helps children with ADD/ADHD increase their concentration.

Key advantages of the ear protector:

- Reduces noise;
- Allows children with sensory hypersensitivity to remain engaged in activities;
- Helps reduce anxiety by promoting a return to calmness.

**Recommendation: Clean with a wipe after each use.**



## Time Timer®

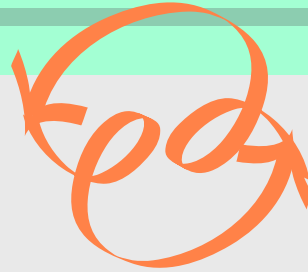
Target audience: Any individual with difficulty understanding the concept of time.

Many children, including those with Autism Spectrum Disorder (ASD), an Intellectual Disability (ID), a cognitive impairment or cerebral palsy, need a visual tool to help them keep track of time.

Key advantages of the Time Timer® :

- Allows for visual time structuring;
- Provides a level of autonomy for the youth;
- Helps reduce anxiety.

## The *Tangle*



Target audience: Any individual needing to limit agitation, decrease stress and maintain focus.

Many children, including those with Autism Spectrum Disorder (ASD), Intellectual Disability (ID) or Attention Deficit Hyperactivity Disorder (ADHD) use this tool to reduce anxiety, partially address their hyperactive needs associated with ADHD and help with focus. The Tangle can also be used for rehabilitative purposes (e.g., hand muscle and articulation rehabilitation).

Key advantages of the *Tangle* :

- Being silent, the *Tangle* does not disturb others nearby;
- It is suitable to meet the needs of ADHD;
- It helps reduce anxiety.

**Recommendation : use with children aged 5 and up.**

## Weighted cushion



Target audience: Any individual needing proprioceptive sensory stimulation, meaning deep pressure applied to the area of the body where the weighted object is placed.

Many children with Attention Deficit Hyperactivity Disorder (ADHD), learning disorders, Autism Spectrum Disorder (ASD), physical or intellectual disabilities or anxiety use this tool, which provides a calming effect on the nervous system and the body.

Key advantages of the weighted cushion:

- Facilitates body awareness (feeling the body in space);
- Supports attention and concentration;
- Aids in better management of energy and motor restlessness.

## Weighted cushion (cont'd)

Weighted object options for children include:  
Weighted blankets and vests and *Manimo*® items.


It should be noted that the manufacturers of *Manimo*® recommend the use of weighted objects only from the age of 3 onwards. They also suggest limiting usage to periods of 15-20 minutes at a time. The effects can last between 1 and 2 hours following use.

### Important precautions:

- Weighted objects should be used for the time periods prescribed by a healthcare professional;
- The animator must ensure that their use is not contraindicated for the child;
- Weighted objects should always be used under adult supervision;
- The child's face should not be covered by the weighted object;
- The child must express consent, even if they are non-verbal;
- Weighted objects should never be used as a form of restraint or corporal punishment (Section 43 of the Criminal Code of Canada).

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