Small Regulation
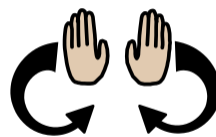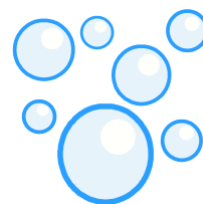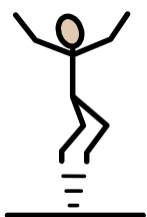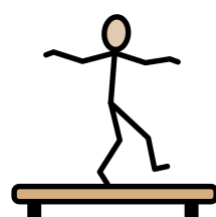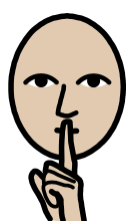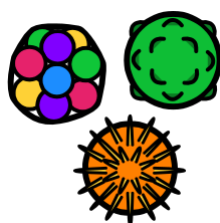
spin	bounce	massage	bubbles
jump	swing	balance	climb
squeeze	run	dance	ear defenders
quiet	sensory toys	music	water
sand	play doh		