



SHORT DESCRIPTION

The manimo are weighted animals providing to older and younger children a sensory proprioceptive stimulation and a soothing effect on the body and mind. These companions were designed to help children remain attentive and focused during their daily activities in different contexts.

How does this tool work?

This tool provides sensory proprioceptive stimulation, that is a deep pressure on the body part where it is placed, which has a soothing effect on the child's nervous system. It alleviates excess energy while providing deep pressure sensations. The manimo have the effect of optimizing concentration and helping children learn about their bodies and the space around them.

HOW TO USE IN EVERYDAY LIFE

This is how, in a concrete way, the manimo can help in your everyday life:

- Reduce motor restlessness and increase concentration in class.
For example: Place the manimo on the shoulders while reading a story (20 minutes)
- Optimize concentration during homework.
For example: Place the manimo on the lap when sitting at a table to work.
- Provide relaxation and rest at bedtime
For example: Place the manimo on the back or chest while lying down during song or story time. Remove it when the child is asleep.

Other advantages of the weighted manimo and its characteristics:

Model	Weight	Body part where tu use it
Weighted Lizard	2 kg and offered in 3 colours (blue, green, silver)	Around the neck, on shoulders, thighs or chest.
Weighted Frog	2,5 kg and offered in 3 colours (blue, green, silver)	On thighs or chest.
Weighted Dolphin	1 kg or 2 kg and offered in 2 colours (blue, purple)	Around the neck, on shoulders or around the hips.
Weighted Snake	1 kg or 1,5 kg and offered in 3 colours (blue, green, silver)	Around the neck.



WHO IS IT FOR?

We recommend it for children 3 years +, teenagers and adults, in a variety of contexts: at home, school, daycare, work and other. The manimo is often used with children with an attention deficit disorder with or without hyperactivity (ADHD, ADD), autism spectrum disorder (ASD) or anxiety.

- The following abilities will be stimulated:
- Body awareness (feeling the body and space around)
- Sustaining attention and concentration
- Managing energy and motor restlessness

PRECAUTION

It is preferable that the manimo be used for the prescribed time periods and under adult supervision.

According to the « Institut national d'excellence en santé et services sociaux (INESS) » maximal weight for children backpack for school should be 5% to 10% of the child's weight. This rule could apply to the use of the manimo, but the child's comfort and needs should be prioritized.

Using the manimo for a period of 15 to 20 minutes is recommended due to its weight. The effects linger for 1 to 2 hours following its use.