

ActiTunnel User Guide

Written By Cecilia Cruse, MS, OTR/L

Introduction

Kids of all levels enjoy the multi-sensory ActiTunnel. The ActiTunnel provides a wonderful opportunity for children to move freely in their own controlled environment and experience variable levels of input for the hands and feet, as well as hearing and visual input from the suspended toys and objects. For a disabled child, tactile items may be suspended to allow sensory input with the slightest movement, while more able-bodied children crawl through or whiz through on a scooter board. The suspended tactile toys and objects may be repositioned to individualize the experience and allow for maximum movement and stimulation as needed. Another Abilitations Creation, the ActiTunnel is based on a design developed by parents of a severely disabled child. They wanted to encourage movement and stimulation for his arms and legs, in combination with visual and audio input, in an environment that promoted independent play. Over time, this child developed the ability to roll to either side so he could reach items placed on the sides of the tunnel. The ActiTunnel's design permits quick and easy movement of suspended items, allowing variety/versatility while preserving accessibility and ease of use. The mesh side of the tunnel may be more appealing to children who are more sensitive to enclosed spaces, while the solid blue side is wonderful for children who need more of a covered cocoon-like environment.



Product Assembly

Rod & End Pocket Assembly

The 4 enclosed VELCRO® closed-end pockets (see **Figure 1**) must be attached according to the instructions below before installing the Fiber glass rods.



Figure 1

Step 1.

Stand up your ActiTunnel and stretch it out. Without the rods to stretch and strengthen it, it will be flimsy. See close-up of the end with the VELCRO® strap in **Figure 2**.

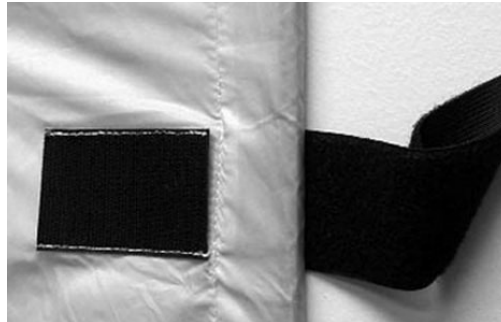


Figure 2

Step 2.

With the open end of the pocket facing away from the open end of the tunnel, fix the loop VELCRO® (female) side of the pocket to the hook VELCRO® sewn onto the tunnel. The open end has to be facing away because the end of the rod goes into it. See **Figures 3 and 4**.

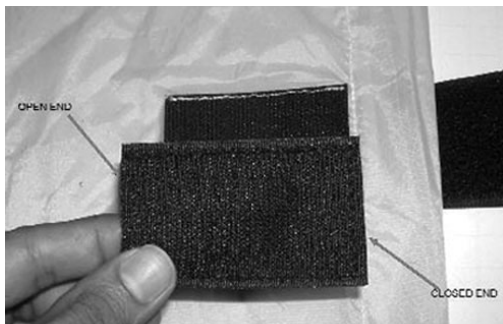


Figure 3

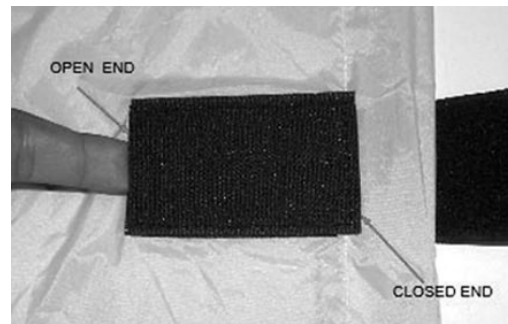


Figure 4

Step 3.

Wrap the VELCRO® strap around the metal rod of the tunnel, and attach it to the pocket (as shown in **Figure 5**). This will make the pocket double secure.

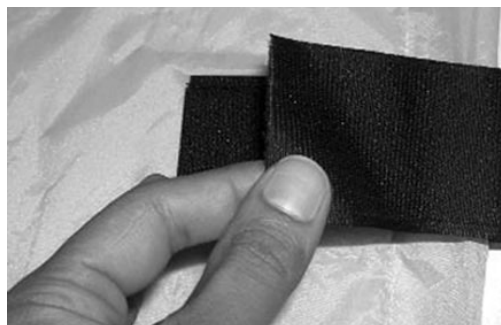


Figure 5

Step 4.

Repeat for all 4 ends of the ActiTunnel. Insert the end of the rod into the open end of the pocket. When finished, each end should look like **Figure 6**. Your tunnel is now ready for use.



Figure 6

Product Usage

Activities

The ActiTunnel has infinite uses! Here are some of our favorites:

1. Using the accessory kit* (see Abilitations catalog for details), suspend any or all of the items from the hanging spots provided inside the tunnel. For the younger or more severely involved child, place the child on their back or tummy to encourage movement of the extremities and to work on reach and grasp when he reaches for, and activates, toys.
2. The car wash is open! Keep the accessories suspended and practice gross motor skills by having the child crawl on hands and knees through the “car wash.” Then see if the child can “commando crawl” on their tummy to get through to the other side.
3. For a variation on the car wash theme, keep the accessories suspended and have the child lie on their tummy and push a scooter board through the tunnel. Remember to drive through slowly to get the “car” thoroughly clean. If the child is not too tall, they may sit on the scooter board and push themselves through, or attach a rope to the front of the board and gently you can pull them through the ActiTunnel.
4. Drape a soft cotton blanket or a set of our rainbow colored scarves (Abilitations item # 003896) over the top of the ActiTunnel and you have an instant fort or quiet space area. Add a soft or weighted blanket (Abilitations item #1385431), a stuffed animal or other favorite toys, and you have a cozy hideaway for the over-stimulated child.
5. Encourage side-to-side rolling, crawling and reaching by suspending objects at strategic points inside the tunnel. Hang one item on each side of the tunnel or at one entrance of the tunnel to encourage the child to reach and move toward the desired toy.

Modifications

The ActiTunnel is a terrific piece of equipment for the traveling therapist. Its lightweight frame and carrying case make it the perfect therapy tool for itinerant therapists who need a versatile gross motor and sensory tool.

Customize the tunnel for an individual child by attaching your own sensory toys to the inside of the ActiTunnel. Try balloons, puzzle shapes, wind chimes, colored Wiffle balls, or your own favorite things!

Children should be supervised when playing inside the ActiTunnel.



©2013 School Specialty • PO Box 1579, Appleton, WI 54912-1579 • USA • All rights reserved.

Customer Service 1-888-388-3224 • www.schoolspecialty.com

Or reach us via e-mail at: orders@schoolspecialty.com

1-YEAR GUARANTEE OF SATISFACTION

See more fun activity guides for other great  products at www.abilitations.com.