

Squash-It

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Guide to Accompany Item
#026733 (Whisper) and
#026735 (Auditory)

Introduction

Welcome to Squash-It, the revolutionary fidget designed by our very own Abilitations Creation team. Squash-It is an hourglass-shaped fidget filled with a non-toxic gel fluid. Squeezing or pressing down on one side sends the fluid through the narrow middle channel to the other side.

Squash-It comes in two types for different sensory input: Squash-It Whisper and Squash-It Auditory. Squash-It Whisper makes for whisper-quiet movement of the fluid through the chambers, while Squash-It Auditory serves as a fun squishy sound when pressed. Either version makes a great fidget, an important tool in helping easily distracted kids get organized. Sold in sets of three soothing colors: yellow/green, blue/purple and lime/green. Squash-It's tactile and visual appeal, along with its repetitive motion, makes it a "must have" for all kids...and even some adults! So join the Squash-It revolution! Below are a few ideas to get you started.



Product Use

Place the Squash-It Auditory or Squash-It Whisper on a tabletop or on the child's lap. Place one hand on each side of the hourglass shape then press down to push the fluid from side to side through the chambers. This repetitive movement serves as a great fidget and promotes bilateral motor coordination or using both sides of the body.

Use Squash-It to strengthen hands and wrists. Place the Squash-It on the table and use the base of the palm of the hand to activate, to strengthen the wrist and intrinsic muscles of the hand, or use the fingertips to push for digital strengthening. Stack two or even all three Squash-Its on top of each other for additional resistance.

Hold the Squash-It between the thumb and fingers and press to work on pinching strength.

To encourage mid-line crossing activities, place the Squash-It on the table centered with the child's body. Have the child use only one hand (right or left) to push the fluid first to one side, then reach across to the other side to push back. This makes for a colorful visual experience as well, as the child sees the colors blend in the opposite chamber from where the hand is pushing.

Squash-It is great for the feet too! Place the Squash-It on the floor and press one foot, then the other, on either chambers to move the fluid.

Modifications

As noted above, the activities for Squash-It can be modified for one or two-hand use or foot use.

The Squash-It is also a great transition tool, such as during car rides. The repetitive motion and swirling colors are sure to soothe.



Care & Safety

Squash-It is made of a vinyl plastic jacket filled with a non-toxic gel. The plastic shell is durable, yet not puncture proof, so avoid contact with sharp objects. Wipe surface with a damp cloth or germicidal wipe. Recommended for children ages 3 and up.

Recommended Products

If you like Squash-It, then try these other fine Abilitations products:

- **Twidget Hand Fidget:** item #022452
- **Tridget Hand Fidget:** item #025671 (30%), 025680 (60%), and 025682 (90%)
- **Yuk-E-Balls:** item #017946



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