
GORILLA GYM

Eyas Landing & Blue Bird Day

Price

Basic Swing Package:
\$100

Deluxe Swing Package:
\$160

Resources

Gorilla Gym Deluxe Kids
Packet:

[https://gorilla-gym.com/
product/kids-package/](https://gorilla-gym.com/product/kids-package/)

Autism Speaks: Sensory
Integration: Changing the
Brain through Play

[https://
www.autismspeaks.org/
blog/2013/12/03/sensory-
integration-changing-
brain-through-play](https://www.autismspeaks.org/blog/2013/12/03/sensory-integration-changing-brain-through-play)



What is it?

Gorilla gyms are lightweight, portable options for home gyms that install in doorframes without drilling into the wall. It can carry up to 300 lbs. safely. Many different attachments can be purchased with a Gorilla Gym in order to meet a child's sensory needs without having a gym. Gorilla Gyms are not the only way to provide sensory input to your child but they are a good space saving option. If you would like to know other methods to provide different sensory input for your child at home, ask your occupational therapist for a list of affordable options.

Why use it?

Children develop through play. Many children need extra support to develop their sensory systems in order to participate in play. A Gorilla Gym provides sensory input and strengthening at home to support your child's growth. The Gorilla Gym provides an opportunity for your child to swing, climb, and crash if given a soft surface like a large pillow. All these are good ways to calm their bodies down before doing a seated activity like mealtime or homework. It also gives kids the chance to strengthen their arms, torso, and motor planning skills.

Who can use it?

A Gorilla Gym is good for kids who seem to always be moving. If your child wants to run around a lot, jump on the couch, or rock back and forth a Gorilla Gym may be a good option to provide sensory input safely. If your child finds it hard to sit at the dinner table for a whole meal or seems to throw their head back, spin, or rock a lot, a Gorilla Gym may allow them to get sensory input in order to participate in daily activities.

Alternatives

You do not have to spend money on a Gorilla Gym to give your child the sensory input they need. Some low cost alternative options include:

- Jumping and crashing from a couch/bed to a pile of pillows
- Heavy work like pushing pillows to make a crash pad
- Sit and spin toy for small children
- Rocking chairs or horses
- Lifting weights for older children
- Yoga
- Obstacle courses

Types of attachments

Gorilla Gym comes with a few different attachments. These include:

RINGS



SWING



ROPE



LADDER



TRAPEZE

