Certified translation from the Polish language

I have been using a weighted blanket in my work for two years. It has a stimulating effect on the proprioceptive system. It also offers help in calming down to children who are overagitated, annoyed and seek for deep feeling sensations. Some of them like to be covered with the blanket as it makes them relaxed, while other ones need stronger sensations and prefer being wrapped in the blanket. During exercises at a desk I like to cover patient's feet with the blanket to improve his attention and focus on the task. Children with problems in feeling of their own body or its parts face difficulties with directional and spatial orientation. Therefore, they require assistance in or even are unable to comply with instructions such as: "Lie on your back" or "Raise your right hand". In addition, I notice that when drawing a person, they tend not to connect certain body parts with each other. The use of a weighted blanket along with massages increases the body awareness in children. As an SI therapist I recommend it because it helps in self-regulation and improvement of concentration and relaxes both children and adults by lowering the levels of stress.

> Patrycja Młynarczyk Sensory Integration Therapist Certificate no. 4307 [illegible signature]

I certify the conformity of the above translation with a document in a digital format in the Polish language. Tomasz Ratajczyk, sworn translator of the English language, entered into the list of sworn translators kept by the Minister of Justice under the number TP/83/15.

Frefajou

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