

## **Proprioception**

All children benefit from proprioceptive activities. Proprioceptive input occurs any time a muscle and/or joint is pushed or pulled, even with slight resistance. The more resistance (heavy/hard work) the more proprioceptive input. The goal is to provide a therapeutic dose of proprioception, throughout the day, as often as needed and desired to help calm/organize the sensory system, improve focus, and improve participation. Activity ideas include:

### **Deep Pressure (Calming)**

Sitting under weighted or heavy blanket

"Burrito" wrapped in blanket

"Sandwich" squishes between couch cushions or large pillows

Massage

Stress ball or fidget to squeeze in hands

Play-doh or salt dough (simple to make at home)

Kneading or rolling out dough, cutting out cookie shapes, mixing ingredients

Big bear hugs

### **Heavy Work (Organizing)**

\*Any type of movement with resistance

Jumping onto big crash pad (large pillows or furniture cushions)

Crashing through large cardboard boxes

Playground equipment (monkey bars, climbing net)

Pushing heavy items (full laundry basket, shopping cart)

Pulling (laundry basket with clothes or heavy items in, wagon)

Carrying backpack with weight (books, bottle of water)

Helper with chores (loading and emptying laundry, pulling sheets off beds, etc)

Baking (mixing, rolling, kneading, cutting)

Help organize/stack canned items in pantry

Putting books back on book shelves

Tug of War

Marching

Ball games

Help reorganize room if moving larger items or tables/chairs

Opening or closing heavy doors or hold door open for others