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