

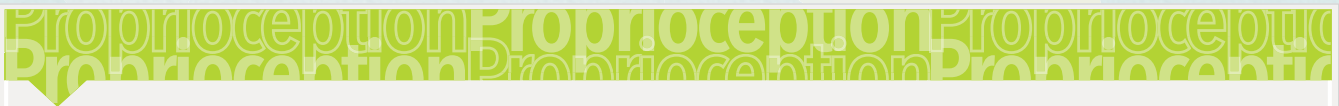


Home Program for Proprioception



Proprioceptive input can have powerful calming and organizing effects on the nervous system. The precautions are minimal as this type of sensation is rarely overwhelming. These activities are particularly important to include in sensory diets for children who are sensory defensive. They can help to inhibit or prevent uncomfortable reactions to sensations.

ACTIVITIES TO TRY



- Stair climbing/ sliding - bumping down on bottom
- Crawling through tunnels or boxes on all fours
- Playing 'tug of war' with ropes, scarves, stretchy bands
- Roughhousing - play wrestling
- Pulling/ Pushing - weighted wagon, wheelbarrow, or cart
- Catching/ Throwing - heavy weight ball, bean bags, cushions
- Kicking - soccer ball, big ball
- Carrying heavy items - groceries, boxes, books
- Swimming/ extra bath time with deep pressure massage
- Animal walks
- Wheelbarrow walks
- Pulling apart resistant toys/ objects - lego, snap beads, stretchy toys
- Pounding and rolling - Playdough/ clay
- Hitting a punching bag, or tetherball
- Squished between pillows
- Stretching
- Joint compression
- Heavy exercises such as push ups, sit ups, hand stands, jumping
- Hanging from adult hands or push ups
- Stirring cake batter, pudding
- Pushing against a wall, another person, hands together
- Vibration toys
- Massage
- Gross motor activities - hiking with backpack, biking uphill, obstacle courses, stretching and toning exercises
- Massage
- Biting or chewing crunchy and resistive foods, or tubing
- Trampoline exercises
- Foot pushing - Two children lie on their backs on the floor, feet to feet. Each child pushes their feet on the other child's feet to see whose legs straighten first
- Hand pushes - Two children sit/ stand opposite and clap hands with each other. They can clap with both hands together or one at a time in rhythm
- Walk/ run along the beach in wet and dry sand