

PROPRIOCEPTION

Definition:

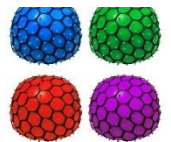
Proprioception is one of our body's senses. Messages from the proprioceptors in muscles let us know what position our body is in, as well as the force of the movement our body makes. In addition, proprioception helps our body organise itself for useful activity and enhances the therapeutic nature of other sensory activities. It makes meaning of the environment and our actions within it.

Purposes of the Activities:

- calming self
- do large and small motor skills
- attend to tasks (focus)
- increase eye contact
- assist with organising movements and perceptions

Activity Suggestions:

- fill the child's back pack with heavy books and have him wear this often
- play push and pull games, e.g. pulling a wagon filled with toys, tug - of - war games
- squeezing play-dough, silly putty, exercise bands, wet sponges, balls
- activities which require putting weight on arms e.g. wheelbarrow walking, playing in the hands and knees position
- digging in sand or small gravel and carrying buckets of sand or gravel
- chewing on 'Gummy bears', caramels, liquorice and sucking through a straw, especially thicker drinks
- bouncing on a Hipperty-Hop ball
- have child assist with carrying groceries, taking rubbish bags to the bins, pulling and pushing the vacuum cleaner, stacking heavy cans
- any heavy work or play activity which provides resistance
- at school, the child can be a 'teacher's helper' by pushing library carts of books or putting books away, pushing barrels of balls or other equipment in from recess, carrying items to the office, or moving chairs for activities



Heavy Load Walks and Hiking Trips

- * Have the child walk the indoor tactile path with a loaded backpack
- * Have the child wear a heavy weighted vest on the indoor path
- * Have the child wear weights in the pockets in his shirt and pants as walking the indoor path
- * Have the child creep along the path, with heavy weights
- * Have the child cross an obstacle course, with heavy loads

Cocooning (*Ensure head is not covered and child able to breathe in these activities)

- * Wrap the child tightly in a sheet, blanket or beach towel, and then hold tight like a caterpillar in a cocoon
- * Make a 'sandwich' – get child to lay on mat and pile cushions blankets on as 'toppings'

Delivery Game

- * Have child pull a wagon, push a wheelbarrow, carry a large shopping bag or cardboard box (pretend truck which must be pushed or carried along path) filled with heavy objects of different colours and have child place each matching colour object into matching colour delivery stations, located on the indoor tactile path
- * Have child collect objects from each delivery station until the carrier is loaded with heavy objects and brought to the end of the indoor path

Animal Walks

* Similar to the tactile walks, but have child use only three legs and alternate legs as the walk progresses along the indoor tactile path

Body Wheelbarrow Walk

* Hold child's feet and have child crawl on floor and play the wheelbarrow walk along the indoor tactile path

* Now hold hands and have child walk along path leaning on your body for a reverse wheelbarrow walk

Jump Up Game

* Have child squat and wind up child and have child jump up when winding is done, like a jack-in-the-box does

* Have the child jump up every time you call his name

* Have child play frog, and from a squat position jump along the tactile path

Paper Mountain

* Have child crush pages of newspaper one at a time and throw them into a designated site like an empty wading pool or in an imaginary circular boundary, until there is a huge mound of paper creating a paper mountain

* Now have the child go inside the mountain and explore it

* Have the child climb over the paper mountain

* Have the child crush the paper mountain

* Have the child throw the paper mountain away into a big waste can

Walls Moving In Game

* Have child pretend the room's walls are moving in and have child push against the walls to stop the movement

Body Windshield Wipers

* Have child lie on floor and use legs as windshield wipers

* Have child lie on floor and use arms as windshield wipers

* Have child sit on floor and use arms and legs as windshield wipers

Additional Proprioception Calming Activities...



Chair Push-ups



Wall Hand Stands



Table Push-Ups