

PROPRIOCEPTION

THE SENSE THAT HELPS A CHILD WITH BODY AWARENESS IS KNOWN AS PROPRIOCEPTION.



Intact proprioception allows a child to determine his/her body's position in space and regulate the direction and amount of force to use when moving. This sense is detected through sensory receptors in the joints and muscles.

The proprioceptive sense is stimulated when a child experiences pressure or moves his/her limbs to push, pull, lift or hang. While engaging in activities that offer proprioceptive input, a child may also show improved attention and a more regulated arousal level. This is beneficial for learning, playing, socializing, and completing daily tasks.

These activities may help calm a given child, or may alert or energize a child. Each child is unique.

Gently encourage your child to participate; never force or coerce him/her.

Consult with your child's therapist for specific recommendations regarding which activities are suitable for his/her age and individual needs.

PROPRIOCEPTION SENSORY DIET ACTIVITIES:

- Make a "Sandwich" or "Burrito" = Roll child up in a blanket keeping face and head exposed. Firmly, yet gently roll a ball on child's legs and back. Or, press with your hands.
- Pull a wagon or heavy objects
- Push a wagon or heavy objects
- Carry heavy objects
- Wear a weighted back pack (filled with toys or books)
- Jump up and down on the floor
- Trampoline
- Play jump rope
- Use a child size hammer - golf tees into firm foam
- Wall push-ups, floor push-ups, or chair push-ups
- Bear hugs
- Climb under sofa cushions
- Hang from monkey bars
- Play hopscotch
- Vacuum
- Sweep
- Put heavy groceries away
- Shovel snow, dirt, sand, etc.
- Use play dough, kinetic sand, or clay- roll, pound and knead
- Rake leaves
- Climb on playground equipment
- Hike up a hill
- Play tug of war
- Eat crunchy food or ice chips
- Walk backwards
- Make & throw snowballs
- Play catch with a weighted/heavy ball
- Move furniture
- Fall into a bean bag chair
- Swim
- Practice Animal Walks (crab, bear, snake, etc.)
- Wheel-barrow walk
- Use your arms to roll a large ball up and down the wall
- Bite on a chewy
- Use therapy putty for hands
- March in place
- Yoga Poses
- Weighted Blanket
- Wear a weighted and/or pressure vest
- Stacking Chairs
- Resistance/Exercise Bands
- Jumping Jacks
- Foot Fidgets (Stretchy Bands across chair legs)