

# PROPRIOCEPTION ACTIVITY IDEAS - SCHOOL



It is important to incorporate frequent movement breaks throughout the day. See sheet attached for recommended activities which can be done within the classroom. The following are activities which can be done outside of the classroom:

- Run around playground for at least 30 minutes, climb on climbing frames
- Crawling games (under parachutes, around and over equipment etc.)
- Mini-trampoline – under close supervision. This can stimulate and maintain arousal level as well as improve postural stability and strength.
- Tasks in prone (lying on tummy and coming up onto elbows). Carry out activity in front of child (bringing their head up against gravity whilst lying on their tummy, flat on the floor. This may feel uncomfortable for child, and therefore should be done for very short periods of time initially. The child could then be encouraged to increase the period of time they engage in the activity in this way.
- Activities against resistance like digging, pushing, pulling, carrying, stretching and squeezing, tug of war, wearing a back pack with additional weight.
- Encourage use of movement activities like marching (with stomping) prior to a time when child is required to be calm and still.
- Weight bearing activities like animal walks, crawling, climbing, scooter boarding, working on the floor, propping on arms, using therapy ball.
- Slow, rhythmic, and predictable motions (e.g. rocking backward and forward), with or without song.
- Hula hoop game – lay hula hoops out on the ground in any pattern, for a child to jump, hop or step into. Stagger the hoops so they have to jump or step a little bit further.
- Ball games over moving parachute or racing games under a parachute
- Jumping, bouncing, marching, clapping, stamping.

- Encourage participation in reaching, stretching and leaning games.
- Have the child close his/her eyes and “feel” where his legs, hands, arms, etc. are. Ask if they are up or down. See if the child can get into different positions without looking, such as roll into a ball, touch his/her nose, make a circle with his/her arms, make an “X” with arms and legs, etc.
- Oral work — suck thick liquids through a straw, eat crunchy and chewy snacks, or chew gum before and/or during tabletop activities
- Blowing bubbles, playing blow football or blow painting
- Sitting supported on a gym ball
- Use of a bean bag for concentration and relaxation
- A small enclosed, comfortable environment that offers a retreat that the child can use to calm (children should be appropriately supervised in this type of environment).

**Community Paediatric Occupational Therapy**

Newcastle upon Tyne Hospitals NHS Foundation Trust

Regent Point, Level 3, Regent Farm Road, Gosforth, Newcastle upon Tyne, NE3 3HD

**Tel: 0191 2823452**

**Email: [tnu-tr.physicaltherapyservices@nhs.net](mailto:tnu-tr.physicaltherapyservices@nhs.net)**