

PROPRIOCEPTION ACTIVITY IDEAS



- Provide child with a role in tidying up or moving around chairs/furniture (allowing heavy work in moving chairs and resources appropriately)
- Run around in the garden or playground for at least 30 minutes
- Time to climb on climbing frames
- Pushing shopping trolley, or equipment trolley in school
- Massage feet and/or hands to 'reorganise'
- Tasks in prone (laying on tummy and coming up onto elbows). Carry out activity in front of child (bringing their head up against gravity whilst laying on their tummy, flat on the floor. This may feel uncomfortable for child, and therefore this would need to be very short periods of time initially and then child could be encouraged to increase the period of time they engage in activity in this way.
- Digging in the garden or watering plants with an appropriately full watering can
- Pushing, pulling, lifting tasks, games and activities (e.g. tug of war, pushing a trolley)
- Frequent movement breaks within daily routine
- Help set table, using two hands to carry and balance a tray
- Warm bath with bubbles (Home)
- Massage as part of bed time routine (Home)
- Encourage use of movement activities like marching (with stomping) prior to a time when child is required to be calm and still.
- Jumping, bouncing, marching, clapping, stamping.
- Slow, rhythmic, and predictable motions (e.g. rocking backward and forward), with or without song
- Activities against resistance like digging, pushing, pulling, carrying, stretching and squeezing, tug of war, wearing a back pack with additional weight.
- Weight bearing activities like animal walks, crawling, climbing, scooter boarding, working on the floor, propping on arms, using therapy ball.
- Lift, push, pull and carry items.
- Encourage use of a trampet, a space hopper, swings and slides during outdoor play activities. These activities stimulate and maintain arousal level as well as improving postural stability and strength.
- 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.

- 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)
- Have the child help with “heavy work” activities like carrying the groceries, carrying the laundry basket, pulling bags of leaves after lawn after leaves after lawn mowing, taking out rubbish, etc.
- Play “backpacking” and place bags of beans or rice in a child-size backpack. Pretend to be climbing mountains and jumping off rocks at the park or in the back yard/garden.

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