

PROPRIOCEPTION ACTIVITY IDEAS - HOME



It is important to incorporate frequent movement breaks throughout the day. Consider what activities your child is already involved in during their day. The following are activities which can be done at home.

- Run around in the garden or playground for at least 30 minutes, climb on climbing frames.
- Trampoline or mini trampet – under close supervision. This can stimulate and maintain arousal level as well as improve postural stability and strength. Other outdoor play activities include: space hopper, climbing frames, monkey bars, slides and swings.
- 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 appropriate to child.
- Jumping, bouncing, marching, clapping,
- stamping, hopscotch activities.
- Massage feet and / or hands to 'reorganise'
- Incorporate massage as part of the bedtime routine.
- Warm bath with bubbles and calming essential oil (home)
- Digging in the garden or watering plants with an appropriately full watering can.
- Help set the table using two hands to carry and balance a tray.
- Appropriate 'heavy muscle work' tasks such as helping to carry shopping bags in from outside, load and unload washing machine, carry basket to help hang washing on the line etc.
- Household chores – encourage help with cleaning windows, dusting, hoovering, shaking duvet cover out etc.
- Pushing shopping trolley
- Walking with dogs or horse riding

- Ball games involving throwing e.g. toys into a target, basketball hoops etc.
- 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, wheel barrows, crab football, working on the floor, propping on arms, using therapy ball to roll over.
- Encourage participation in reaching, stretching and leaning games.
- 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.
- 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.
- Swimming, running, riding bike, playground equipment particularly monkey bars.
- Specially designed children’s yoga activities (dependent on local availability)
- Use of a bean bag for concentration and relaxation
- Sitting supported on a gym ball
- Blowing bubbles, playing blow football or blow painting
- Oral Work – suck thick liquids through a straw, eat crunchy and chewy snacks.
- Slow, rhythmic, and predictable motions (e.g. rocking backward and forward), with or without song.
- 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.
- Think about creating 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).

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