

# Proprioceptive Activities

Your child gets information from their skin, muscles and joints that goes to their brains. This proprioceptive information then goes to the muscles where they are 'told' what to do and then to the rest of the brain where it combines with other information to figure out where the body is and how it is moving. Below are activities that can help your child feel where their body is in space, feel more grounded and have a calming effect. Proprioceptive activities have longer lasting effects than other sensory strategies and can increase focus. They are also good for developing better body awareness, thereby improving motor movements.

## Activities to try:

- Deep pressure to the body by giving big hugs, squishes, 'sit' on them, roll a ball over their trunk/legs/arms
- Use a therapy brush on arms, legs, trunk and back
- Push, lift and carry heavy items (eg. move the furniture around the house, push heavy laundry baskets, carry books)
- Do wheelbarrow walking (hands on ground, feet held by adult)
- Jump on a trampoline. If no trampoline, jump on ground.
- Climb a steep hill
- Pull a friend across the floor on a blanket
- Rough house with another child or adult or pet (with safety guidelines in place)
- Climb on outdoor climber
- Do obstacle courses; start with 3 requests and add as your child's movements become smoother and faster. Change and add requests to the obstacle course as they improve. Example of obstacle course: jump up and down, run to the wall, roll on the floor.
- Activities involving the whole body, especially the arms are best
- Many playground activities are very stimulating. Try to find games that need to be done slow and require heavy work.

