

PROPRIOCEPTION

Proprioception is one of your child's senses. Messages from the proprioceptors in muscles let them know what position their body is in, as well as the force of the movement their body makes. In addition, proprioception helps their body organise itself for useful activity.

Purpose of the Activities

Calm self

Do large and small motor skills

Attend to task (focus)

Increase eye contact

Assist with organising his movements and perceptions

Decrease biting, pinching and pushing others

1. Any heavy work or play activity which provides resistance.
2. A child can be a "Mummy's helper" by carrying or putting away books, moving tables and chairs, and pushing heavy equipment e.g. sand tray, snack trolley, boxes.
3. Have your child assist with carrying shopping, pushing wheelie bin, pulling and pushing Hoover, stacking heavy cans etc.
4. Digging in sand or small gravel and carrying buckets of sand or gravel and any other gardening tasks.
5. Play push and pull games e.g. tug of war, playfully trying to push the wall down or parents over, pulling box filled with toys.
6. Activities which require putting weight on arms, such as wheelbarrow walking, playing in the hands and knees position, animal walks etc.
7. Fill the child's rucksack with heavy books or objects and have them wear this often.
8. Squeezing playdough, silly putty, wet sponges, clay, kneading dough.
9. Bouncing on space hopper or small trampoline or therapy ball.

10. Chewing on "Gummy bears", bagels, raisins or anything chewy that is safe to chew.
11. Sucking drink through a straw, especially thicker drinks, e.g. milkshake.
12. Throwing and catching heavy balls or beanbags.
13. Any clapping stamping games.
14. Any adventure play or climbing frames.