



PROPCRIOCEPTIVE ACTIVIES



PROPCRIOCEPTIVE
ACTIVIES

PROPCRIOCEPTIVE ACTIVIES

WHAT WE DO TOGETHER MATTERS.

WE CARE. WE LEARN. WE EMPOWER.



Proprioceptive Activities

Proprioception is known as our calming sensory system! It has a huge influence on our body awareness and helps us to identify and grade both force and pressure. This sensory system helps us to coordinate our movements so we can walk, run, hop, skip, negotiate obstacles or kick an object with precision.

Proprioception helps us to organise and self-regulate. It is essential for maintaining a level of alertness and as a result can impact positively on levels of attention and learning.

Remember that these activities need to be fun and the child needs to be fully engaged for it to be effective.

- Gym ball or Peanut ball
- Use as a seat (see sizing table)
- Child lays on the floor and ball rolled over them
- Rolling over ball on tummy
- Chair push ups or triceps dips, wall push ups, table push ups
- Theraputty (see additional resource advice)
- Throwing and catching a ball.
- You can also change the weight of the ball
- Animal walks
- Stretching a theraband or stretch Armstrong
- Pull up bar inside the house
- Outside climbing frame
- Body sock
- Yoga
- Weighted blanket – must be the right weight (must not exceed 10% of their weight). Supervision is required and up to date guidance followed.
- Compression vests
- Running
- Jumping



- Deep-pressure tight hugs
- Swimming
- Deep massage or aromatherapy
- Play tug of war – using an old• Bouncing on a trampoline, sheet or towel
- Stomping games
- Painting the walls, floor or fence outside with a bucket of water
- Wheelbarrow walks
- Boarding
- Drawing around hands on paper, cutting out and placing on the wall with different colours – pushing against different colours
- Skateboarding – lie down
- Rolling inside a blanket
- Crawling through a tunnel
- Belly flopping onto lots of pillows
- Rock climbing
- Trampoline
- Obstacle courses
- Water sports – Sailing, Kayaking, paddle boarding
- Drawing around hands on paper, cutting out and placing on the wall with different colours – pushing against different colours.

Park and Playground Prop – how to bring this equipment home:

- Riding a bike
- Scooter
- Walking to school or any other challenging place if possible
- Play tug of war – using an old sheet or towel
- Stomping games
- Painting the walls, floor or fence outside with a bucket of water
- Wheelbarrow walks



- Skateboarding – lie down
- Rolling inside a blanket
- Crawling through a tunnel
- Belly flopping onto lots of pillows
- Bouncing on a trampoline, trampette, or bouncy castle.

Jobs around the house

- Washing windows
- Carrying shopping
- Helping with washing
- Gardening – digging, raking leaves, carrying water can, wheelbarrow, lawn mower
- Hoovering

Oral Motor Skills

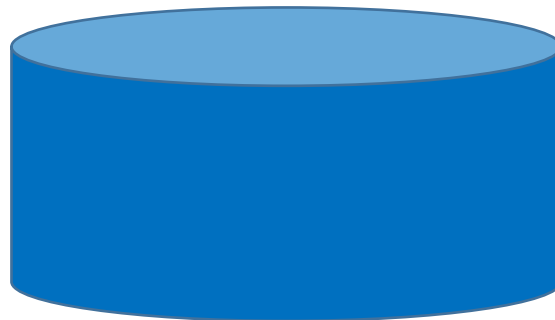
- Blowing up a balloon or blowing through a straw
- Wind racing cars or trains across the table
- Blowing bubbles
- Drinking water through straw
- Chewy toys or Chewellery
- Chewing gum, age dependent
- Crunchy or chewy foods
- Sour sweets

Movement breaks at school

- Running an errand
- Lap around the school – the mile a day challenge is great for this.
- Using outside equipment for a short time
- Wobble cushion, disco-sit, wedge sit (this will need to be assessed)



- Wear a rucksack – add a heavy book sometimes to add deep pressure
- Foot Fidget – tie a piece of exercise band around the base of the front two legs or a desk. This will give busy legs something to do and provides fantastic proprioceptive input that will increase attention whilst sat.
- Playtimes should never be taken away from children. This is the biggest movement opportunity for children and it's a big part of their routine.



Essex Partnership University NHS Foundation Trust (EPUT)

Lighthouse Child Development Centre
Snakes Lane
Southend-on-Sea
Essex
SS2 6XT

Phone: 0344 257 3952

Production date: Sept 2023 Review date: Sept 2026