



ACTIVITES TO FACILITATE PROPRIOCEPTION

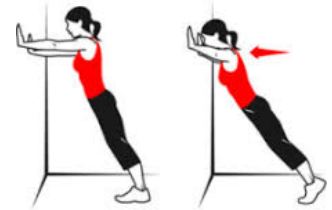
SUGGESTED ACTIVITES:

- Jumping activities on the trampoline, old mattress, etc.
- Jumping games to music, hopping, crawling, hopscotch.
- Jump rope.
- Rope swing in a tree.
- Wheelbarrow races/obstacle courses.
- Pinching clothespins around an object.
- Tug-of-war.
- Clay activities.
- Animal walks (crabwalk, snake, bear walk, belly crawl).
- Crawl into boxes, through “tunnels”.
- Push, pull and carry objects and toys of varying weight and size.



Activities to Provide Proprioceptive Input:

- Weight bearing
- Wall pushups
- Scooter board
- Isometric exercises
- Squeezing
- Zoom ball
- Wheelbarrow walks
- Bear hugs
- Body pillow "sandwich" (have child lay between two large body pillows and provide them with moderate squishes)
- Frog jumps
- Jumping on a trampoline or on a mattress
- Pulling a heavy cart
- Bouncing on a hippity hop ball
- Rock climbing
- Monkey bars
- Tug of war
- Push and pull
- Carry that weight



Tactile Play Activities:

- Water Play
- Play with dry beans and rice
- Firm touch massage
- Brushing and joint compression
- Art activities, playing with glue, paints, different textured arts and craft materials, feely box,
- Play dough play and theraputty play
- Hand fidgets
- Baking



