

Remember sensory processing is complex.  
It's different for every child, young person and adult because everyone is unique!

And more importantly there is never a 'wrong' way to be!!

**Specific Advice:**

Name:

**If you have any queries please contact your therapist.**

Our details:

Therapist name:

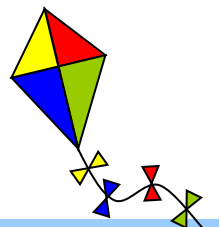
**Children's Therapy**  
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**These activities should be carried out in a safe environment and supervised by a responsible adult.**

# Proprioception (body awareness)

## Secondary School



## What do we mean by 'Proprioception'?

It is our way of knowing what our body is doing without the need for vision. Proprioceptive input is feedback received by our muscles and joints which lets us know where our body parts are in relation to each other and where we are positioned in space.

Proprioception helps us to organise our sensory system and can improve concentration, alertness, body awareness and muscle tone. It can also help us to feel calm.

If a young person has poor proprioception they might demonstrate....

- Low muscle tone
- Weak grasp
- Poor body awareness

If a young person 'seeks' proprioceptive input they might....

- Bump into things
- Like to wear tight clothing

Proprioceptive input can be useful if someone...

- **Seeks** additional sensory feedback eg. movement or touch
- **Avoids** sensory feedback eg. touch, movement, noise.

You can help by providing 'heavy work', resistive activities eg. anything that incorporates pulling, pushing, pressing or squashing as these activities give our bodies lots of proprioceptive feedback. Ideas to try....

### Classroom

- Carrying and handing out resources
- Holding doors open
- Pushing chairs under desks
- Tie resistive band to chair legs to push against
- Squeeze a stress ball
- Chair/ wall/ table push ups
- Hand press- put hands together and press as hard as you can

### PE

- Gym equipment eg. Cross trainer, rowing machine, exercise bike
- Obstacle course
- Gymnastics
- Swimming
- Trampoline
- Climbing wall bars
- Dancing
- Plank/ push ups/ squat thrusts
- Yoga
- Roll forwards and backwards on tummy over a gym ball pushing off the floor with hands

### Outdoor / technology

- Gardening eg. digging, raking leaves, wheelbarrow use
- Complete woodwork projects - sand/ hammer/ saw
- Baking/ cooking activities eg. Kneading, mixing, rolling
- Carry a backpack containing heavy items eg. books, water bottle

**Adding weight may also help.**

**The following could be tried...**

- Lap pad
- Weighted vest
- Weighted cuffs
- Weighted pencil

Ask an Occupational Therapist for advice when trialling weighted products.

**Ask the young person to choose activities they enjoy and incorporate them into their daily and weekly routine.**