

Remember sensory processing is complex.
Its different for every child (& 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:

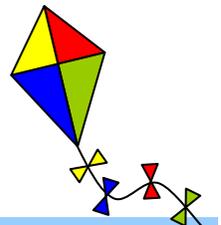
Therapist name:

Children's Therapy
Oaks Building
Kendray Hospital
Doncaster Road
Barnsley
S70 3RD

Telephone: 01226 644396

Proprioception (body awareness)

These activities should be carried out in a safe environment and supervised by a responsible adult.



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 sensed by our muscles and joints during activities involving heavy resistance.

This resisted input is generally organising and can improve attention, arousal, body awareness and muscle tone.

Some activities will calm your child, arouse them or over arouse them and this is unique to each child and will vary from day to day.

If your child has poor body registration they might demonstrate....

- Low muscle tone
- Weak grasp
- Poor body awareness

If your child 'seeks' proprioceptive input they might....

- Bumps into things
- Like tight clothing

Proprioceptive input can be useful if your child..

- Seeks movement or touch
- Avoids touch, movement &/or noise.

You can help by providing 'heavy work', resistive activities and anything that incorporates pull, push, press, squash activities.

Indoor (play & chores)

- Carrying – bag of objects/ toys/ watering can.
- Pushing or pulling – dolls pram/ shopping trolley, sweeping floor, raking leaves etc. opening/ closing doors,
- Resistive work - in sand or soil: digging, making castles & dams (damp sand/ soil will be heavier)
- Play doh, baking – pressing, kneading, using a rolling pin, cutters
- Play 'row, row, row the boat' sitting on the floor, pushing & pulling each other

Mealtimes

- Push/ pull chairs in/out from the table
- Wipe the table before/ after dinner with a large sponge and use hand muscles to squeeze
- Sip apple sauce or thick milkshake through a straw.
- Sip juice through a curly straw
- Helping with cooking, baking

Outdoor (play & chores)

- Climbing – outdoor equipment (slide/ climbing frame) or soft play
- Bike riding or scooter
- Swimming
- Gymnastics
- Wheelbarrow use
- Carry buckets/ watering can to water flowers
- Wash the car
- Complete woodwork projects - sand/ hammer/ saw

Additional activities

- Bounce on trampette or trampoline
- Bounce on a gym ball/ space hopper
- Play pillow fight or fall into a beanbag chair
- Complete 'army crawl' & animal walks (crab walk, bear walk etc.)
- Play 'sandwich games' where your child places you between beanbags, sofa cushions, & applies light pressure to top layer.
- Wearing a rucksack with some books in can increase resistance and proprioceptive input