

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:

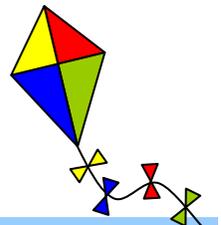
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**These activities should be carried out in a safe environment and supervised by a responsible adult.**

# Proprioception (body awareness)

## For teenagers



## **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.

### **Ideas to try.....**

#### **Indoor (play & chores)**

- Carrying – bags, laundry, shopping , watering plants
- Pushing or pulling – shopping trolley, mopping floor, hoovering
- Squashing/squeezing - Baking (pressing, kneading, using a rolling pin, cutters)

Also

- Lego , construction kits
- Making beds
- Laying the table (holding all the cutlery in a container)

#### **Mealtimes**

- Push/ pull chairs in/out from the table
- Wipe the table before/ after dinner
- Washing up, squeezing the sponge out between each item
- Sip thick milkshake through a straw for resistance
- Sip juice through a curly straw
- Encourage cooking & baking

#### **Outdoor (play & chores)**

- Climbing – parkour, outdoor equipment , climbing wall
- Bike riding
- Swimming
- Running
- Gymnastics/ yoga
- Gym
- Gardening, digging, raking leaves, Wheelbarrow use
- 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 s or make a 'crash' corner
- Wearing a rucksack or carrying a heavier bag can increase resistance and proprioceptive input
- Wear snug fitting clothing or underclothes (skins)

**Ask your child to think of activities they enjoy and incorporate them throughout the week**