**Play and Proprioception**

Proprioception is the information we receive from our muscles and joints that lets us know the position of our body in space without the need to look. Difficulties in this area can present as over active, tripping and bumping into objects and with difficulties in judging force and direction. Proprioceptive activities involve resistance and heavy work and can have a calming effect. Anytime we squeeze through a tight space, hug someone or jump up and down we are getting proprioceptive input.

To support children with maintaining attention and a calm state throughout the day, the inclusion of proprioceptive activities can be beneficial. For maximum benefit it is suggested that these are carried out at regular intervals throughout the day. These activities can be helpful at night to help children wind down for bedtime.

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| **Activity Suggestions** |  |
| MCj04382330000[1]CRST-7805wheelbarrow race\\filestore1\Users\Occ Therapy share\RESOURCES\ACTIVITIES & PROGRAMMES\Image Bank\sausage roll.bmppush up on chairorange-space-hopper | * Carrying shopping and help put it away
* Cooking activities: mixing, measuring, sifting,

 kneading, rolling or using cookie cutters.* Gardening
* Wheelbarrow walking
* Watching TV on tummy or sitting on a space hopper
* Weight-bearing through arms on floor – lower limbs supported on bed/settee, carrying out activities in this position. e.g. Jigsaw puzzle
* Child sandwich – using duvet or mat to wrap up child and apply light pressure
* Giving firm, deep hugs. Take the lead from the child – if he wants you to stop then respect this and continue if he enjoys it and you notice a calming effect
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| MCj03438390000[1]crab walkMCj03013020000[1]MCj04381310000[1]row your boatpass ball back over headMCj02321320000[1]hulk pushing up | * Playing on playground/park equipment (e.g. climbing)
* Balance activities (jumping/stepping stone activities, Simon says)
* Obstacle course – on hands and knees (indoor and outdoor)
* Animal walks (frog, snake, monkey, crab)
* Any yoga type poses (tree, downward dog, superman)
* Throwing and catching activities (beanbags in hoop, throwing large or small ball)
* Push or pull activities – wheelbarrow, tug-o-war, trampoline
* Active nursery rhymes e.g. Seesaw, Grand Old Duke of York (download Bookbug App for more ideas
* Feet against feet with partner pushing against each other e.g. row your boat
* Passing balls over head – emphasis on hands above head, using different sizes and weights of balls. Can be played as a team, in a line moving from one side of the room to the other
* “Twister” MB Games
* Any activities where hands have to work above shoulder height e.g. hanging washing (pretend/real), kite flying, streamers, etc
* Walking – different surfaces e.g. sand, grass, up hills
* Trampolining
* Push/pull toys
* Pretending to be Incredible Hulk by standing up from crouched position while your partner tries to slow you down by pressing down on your shoulders
* bouncy castleMCj04247420000[1]Sand play – digging/pouring sand
* Play on bouncy castle/soft play
* Playdough: roll, squash, mould, use a rolling pin and cutters.
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