



FACT SHEET: SENSORY PROCESSING – IDEAS FOR HOME

PROPRIOCEPTION – The sense of body awareness

Proprioception is one of your child's senses. Messages from the proprioceptors in muscles let her know what position his body is in, as well as the force of the movement her body makes. In addition, proprioception helps her body organise itself for useful activity and enhances the therapeutic nature of our sensory activities. It makes meaning of the environment and our actions within it.

Proprioceptive input also has a calming effect and helps to organise the nervous system in order to concentrate better. It has been reported in research that even 5 to 10 minutes of an activity that involves the whole body in heavy muscle and joint movement can have an effect lasting up to 2 hours.

Purposes of the activities:

- Calm herself, and reduce fidgeting
- Do large and small motor skills
- Attend to tasks (focus and concentrate)
- Increase eye contact
- Assist with organising his movements and perceptions

Things to try at home:

- Have her assist with carrying groceries, taking rubbish bags out to the dustbins, pulling and pushing the vacuum cleaner, stacking heavy cans.
- Play push and pull games such as pulling a wagon filled with toys, "tug of war", playfully trying to push the wall down or parents over.
- Squeezing play dough, silly putty, exercise bands, wet sponges, koosh ball, and squidgy ball/toy.
- Activities which require putting weight on arms such as wheelbarrow walking, playing in the hands and knees position, walking like a crab, bunny hops
- Digging in sand or small gravel and carrying buckets of sand or gravel.
- Chewing on jelly babies, toffee, liquorice and sucking through a straw, especially thicker drinks.
- Bouncing on space hopper or a trampoline
- Sports such as playing football and swimming
- Jumping as high as possible or hanging from arms on a climbing frame in the park, climbing a pole
- Riding a scooter