

At-home sensory strategies to promote learning

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Proprioceptive Input



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Proprioception is the ability of your muscles and joints to determine where they are in space. Proprioception is necessary in order for children to sit upright in their seats, stand in a classroom line, reach for their pencils and many more functional skills throughout the day at school and at home.

- Proprioceptive activities are often referred as heavy work.
- Provide INTENSIVE INPUT to muscles and joints
- Weight bearing activities – crawling, push-ups
- Resistance activities – pushing, pulling
- Heavy lifting – carrying books
- Running, jumping
- Deep pressure – tight hugs, bear hugs, compression vest, weighted backpack, weighted lap pad
- Oral input – chewies

Proprioceptive Strategies at Home

- ❑ Swinging
- ❑ Riding a bicycle or taking a walk
- ❑ Swaying in a hammock
- ❑ Rock in rocking chair or rocking horse
- ❑ Lie on couch with head down looking at ceiling
- ❑ Rhythmic bouncing or rolling on large therapy ball
- ❑ Pulling child on a blanket
- ❑ Swinging in a blanket
- ❑ Jumping on trampoline or in bounce house
- ❑ Log rolling – roll back and forth to retrieve objects like clothes or shoes
- ❑ Sit and spin or spinning in office chair



Proprioceptive Strategies at Home

- ❑ Scooter boards
- ❑ Bouncing on a large ball
- ❑ Pass ball over head and through legs
- ❑ Summersaults
- ❑ Dancing, marching, twirling
- ❑ Imitating head positions
- ❑ Slide and climb on playground equipment
- ❑ Shake and stretch body
- ❑ Create an obstacle course to crawl under, over, through chairs, cushions, pillows, etc.
- ❑ Jumping rope





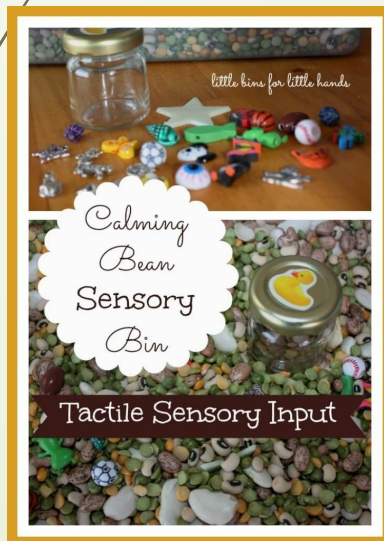
Sensory Strategies at Home

When the child seeks pressure and proprioceptive input before completing a task, it would be beneficial to complete any of the following activities for 15 minutes before sitting and attending to a task:

- Squeezes on shoulder and arm (joint compression)
- Carrying bin of toys from one room to another
- Completing a puzzle or activity with belly on the floor (prone)
- Throwing/kicking a heavy ball
- Wheelbarrow
- Rolling a therapeutic ball on back/bouncing on a therapeutic ball/completing activity with stomach on therapeutic ball

Tactile Activities

- ❑ Water beads
- ❑ Sands
- ❑ Rice and beans in a bin
- ❑ Shaving cream activities
- ❑ Making slime/play dough



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