



NEURODEVELOPMENTAL TEAM

ACTIVITIES TO ASSIST IN THE DEVELOPMENT OF PROPRIOCEPTION FOR YOUNGER CHILD IN SCHOOL



Proprioception is the awareness of our body position in space. Tiny receptors located in the muscles joints and ligaments send messages to the brain as to whether the muscles are stretching or contracting, or if the joints are bent or straight. Proprioception provides us with information on where a particular body part is without the need for visual cues. The child with reduced proprioception has difficulty interpreting the messages as the exact location of their head and limbs and can have difficulty planning their movement. They often can present as uncoordinated or clumsy. They can also present as fidgety, restless, may struggle to sit for long periods and may seek proprioceptive feedback through movement.

- Proprioception activities e.g. heavy work exercises will increase the child's awareness of their body position, will aid calming and self-regulation. Proprioceptive input will also increase the child's attention, focus and alertness for learning and help them attend curricular activities. They would benefit from engaging in activities regularly throughout the day and in particular before they have to sit down for a period of time e.g. circle time, when engaging in table top activities or listening to a classroom presentation.

Classroom Activities



- Jumping – jumping on the spot; jumping jacks; spotty dog (jumping with opposite arm and leg extended); jump on a trampette, marching on the spot (use songs such as “Ants go Marching One by One, counting songs etc.)
- Chair- Push-ups – place hands on the side of the seat of the chair, push up with the arms lifting bottom off the chair for 2 – 4 seconds and lower back down. Repeat.
- Wall Push-ups – Standing with legs apart, place hands on a wall and lean into the wall and push back. Repeat.



- ✚ Carry and share out books or I-Pads
- ✚ Wipe the whiteboard applying pressure when wiping
- ✚ Move classroom chairs or stack if applicable
- ✚ Bear hugs – encourage the child/children to wrap their arms around their chest and knees and give them a firm hug.
- ✚ Sit in a beanbag to read a book or complete an activity on an I-Pad
- ✚ Lie in prone (on stomach) to complete a jigsaw, look at a book, match cards etc.
- ✚ Whole classroom activities such as dancing, aerobics, yoga poses
- ✚ Trail the child with a move n sit cushion – ensure that the cushion is not over inflated and does not overlap the seat of the chair. The child will need to be able to place their feet flat on the floor or feet should be supported by a step.
- ✚ With supervision, encourage the child to pull on resistance bands
- ✚ Provide regular movement breaks throughout the day e.g. allow them to move tables, get a drink, do some wall push ups, walk to the toilet
- ✚ For oral proprioception, allow the child to drink through a straw or sports bottle and chew on hard foods e.g. raw carrots, breadsticks, dried fruit, jerky or chew on pen toppers etc. Encourage the child to blow e.g. an instrument, bubbles, play blow football and engage in mouth exercises.

Playground Activities



- ✚ Run around the yard or run the “school mile”
- ✚ Engage in a Tug of war, pull on a rope tied securely to a climbing frame or tree etc.
- ✚ Play a game of Hop scotch or tag, chasing games, skipping etc.
- ✚ Climbing - use the climbing frame, monkey bars, climbing wall
- ✚ Set up an obstacle course - commando crawl or crabwalk across exercise mats, crawl through a tunnel, jump over low hurdles.

- ✚ Use scooter boards, encourage the child to pull themselves along the floor with their arms or pull a child on a scooter board with a rope.



- ✚ Play catch with large balls such as gym balls/exercise balls or heavier balls such as a basket ball. Kick a football. Throw heavy bean bags at a target.
- ✚ Dig the garden and planting, moving soil in buckets or a small wheelbarrow, rake leaves
- ✚ Encourage the child to help carry play equipment e.g. balls, mats, skittles