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Therapi Galwedigaethol Plant,
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Proprioception

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

Activity Ideas

- Use weights during activities – a weighted jacket/vest, bean bags, etc.
- When you need to move equipment, use the opportunity and ask the child to help with the pushing, pulling, and lifting.
- Have children help with “heavy work” activities like carrying in the groceries, carrying the laundry basket, vacuuming, taking out rubbish bags, using a wheelbarrow, pulling weeds, stacking heavy cans.
- Activities which put weight through the arms, such as wheelbarrow walking, playing in the hands and knees position.
- Participate in activities lying on the stomach propped up on the elbows, could be while playing on the DS, reading a book.
- Push/pull adult on a scooter board or swing.
- Facing the wall, push hard against the wall with the palms of the hands.
- Face another person and touch palms with them. Push the other person backwards; the other person provides resistance, but only to the degree that he is pushed slowly across the room. Repeat, but reverse roles. Another way to do this activity is pushing back-to-back instead of palm-to-palm.
- Play tug-of-war. You can use a rope, theraband, a deflated bicycle inner tube.
- Play with play dough, clay and theraputty.
- Play “hot potato” with a very heavy ball or bean bag.

- Play catch with a weighted ball. You can fill a beach ball with water to make a weighted ball.
- Pillow fights are good for jarring the muscles and joints together.
- Bear walk, crab walk, alligator walk.
- Jump on a mini-trampoline or old mattress on the floor. Jumping on old cushions from a couch is also good.
- Play human bumper cars where the child takes a pillow in his arms and bumps into people. Variations include strapping the pillow around the child or having the child fold his arms across his chest.
- Bouncing on a space hopper.