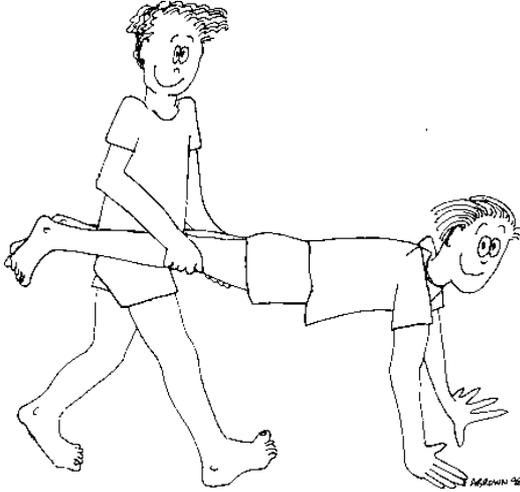




PARENT INFORMATION



PROPRIOCEPTION



DESCRIPTION

Involves sensations from joints and muscles and provides information about where the limbs are in space without using vision.

HELPFUL STRATEGIES

- ☺ Use of proprioceptive activities can be incorporated into a child's daily routine eg:
 - Find your bed walking from the kitchen to the bedroom blindfolded.
 - Other blindfold activities
 - Clean your teeth with eyes closed.
 - Jump (skip, bunny hop, bounce ball) out to the car.
 - Liquid pouring activities.
 - Clap underwater while in the bath.
 - Carry items (eg. boxes, chairs).
- ☺ Provide and encourage opportunities to talk about 'how it felt'.
- ☺ Provide opportunities for increasing awareness of joints and muscles by sensory stimulation eg. weight bearing activities, walking against gravity such as climbing and rolling up hill - these also have a resistive effect.

ACTIVITIES

Gross Motor

- ☺ **Jumping** eg:
 - along a line.
 - over a rope.
 - jumping relay, with ball/balloon between knees or feet.
 - zig zag along a line.
 - into something soft.
 - on paving squares.
 - on inner tube - two feet around edge.
- ☺ **Animal Walks** eg:
 - bunny hops
 - crab walks
 - frog jumps
 - bear walks
 - duck waddles
 - leapfrog
 - tip toe/heel walk
- ☺ **Space Hopper**
- ☺ **Jumping** - Jumping on a trampoline or mattress.
- ☺ **Carrying Heavy Items** (eg. sand bag, box of Lego, chair)
- ☺ **Walking Along a Line** - with book or beanbag on head or in hands.
- ☺ **Crawling** - forwards, backwards, sideways, arm and leg on same side together, and arm and leg on opposite sides together.
- ☺ **Rolling** - forwards and backwards over a 40 gallon drum or big ball.
- ☺ **Pogo Stick**

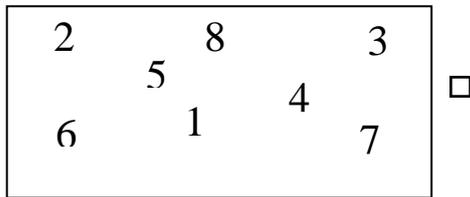
- ☺ **Relays/Races** - or play just as an individual game:
 -Wheelbarrows (walk on hands with other person holding your feet, knees and hips). :
 -Sack jumping.
 -Walking on all fours.
 -Egg and spoon.
- ☺ **Bean Bagger** - Push beanbag along floor with head.
- ☺ **Handstands and Cartwheels**
- ☺ **Skipping with a Rope**
- ☺ **Push Ups** - off toes or knees.
- ☺ **Push Offs** - Push self off wall and catch weight on hands.
- ☺ **With Partner** - press against each other with various body parts.
- ☺ **Hot Potatoes** - Pass heavy ball/beanbag quickly.
- ☺ **Knee Walk** - Walk on knees with hands holding feet at ankles and feet touching thighs.
- ☺ **Wall Rise** - Begin sitting on floor with knees up against chest and head, shoulders and back against wall. Without using hands, work oneself up along the wall so you finish by standing up with back against the wall.
- ☺ **Scooter Board:**
 -Orbiting.
 -Sprinklers - propel self around in circle on the spot
 -Pull up ramp
 -Pull and whirl child around by both hands hanging onto a hoop.
- ☺ **Blow** - ping pong ball on all fours.
- ☺ **Shadow Fingers** - Animal shapes.
- ☺ **Drop and Catch** - Extend arms with palms facing up. Drop a weighted object (eg. tennis ball) from top hand to bottom hand. Gradually increase distance and decrease weight (eg. later try a ping pong ball).
- ☺ **Newspaper Crunch** - Crunch up newspaper with one hand only (not to use against body or other hand) and then flick into a box with different fingers in sequence (as above) or throw into target.
- ☺ **Blocks** - Place blocks on child's left side and right side. Child builds a tower using alternate hands.
- ☺ **Throw** - Throw 8-12 similar objects into a container.
- ☺ **Pre-writing Patterns**
- ☺ **Drawing** - Drawing lines, shapes, letters, numbers and words on a page, with eyes open and then eyes closed. This can be done on paper, in sand, on blackboard etc. Drawing mirror image patterns with a pencil held in each hand.
- ☺ **Butterfly Pattern** - Write numbers on page as shown below.
- | | | |
|---|---|---|
| 3 | 2 | 3 |
| | 1 | |
- Child draws with pencil held in each hand from 1->2->3->1. Repeat pattern five times.
- ☺ **Coins** - Place a coin arms distance away on table. Child reaches for coin with eyes open, and then tries with eyes closed.
- ☺ **Tapping** - Tapping a table top with thumbs, then index finger, then middle finger, then ring finger and then little finger. You can then try tapping in

Fine Motor

- ☺ **Plasticine Activities** - Pulling, stretching, pinching, squeezing, rolling.
- ☺ **Workbench Activities** - eg. hammering activities.

different sequences (with eyes open and then with eyes closed).

- ☺ **Pencil Golf** - Write the numbers from 1 to 8 on a sheet of paper eg:



Ask your child to draw a line from one number to another number (eg. 2 to 5).

Games

- ☺ **Statues** - Child dances to music, when the music stops they must 'freeze'.
- ☺ **Tug-o-War** (use a cotton rope or stocking or a large old towel)
- ☺ **Row Boats** - Sit facing another child, put feet together and hold hands: push and pull as though rowing.
- ☺ **Milkshakes** - In blanket, 1, 2, 3 and throw them out or onto a beanbag.
- ☺ **Simon Says**
- ☺ **Steam Roller** - Roll ball over child gradually increasing pressure.
- ☺ **Pin the Tail on the Donkey**
- ☺ **Hopscotch**
- ☺ **Speedball**
- ☺ **Arm Wrestles**
- ☺ **Elastics** - Using elastic stretched around back of two chairs - jump in, on, one leg each side out, twist, in, out.
- ☺ **Siamese Twins** - Walking with another child with large ball between backs and not dropping it.
- ☺ **Trust** - Three people stand in a row with two outside ones facing each other.

Centre person is like a tin soldier and leans gently into two supporters.

- ☺ **Clapping/Tapping Sticks** - to music or with another person.
- ☺ **Tug-o-War** - "Toe" tug-o-war - with towel and feet.
- ☺ **Pulley Game** - Good for wrists, fingers, forearms. A broomstick with a 3-4 foot rope tied to the middle of the stick at one end and a heavy object (eg. book) at the other. Extend arms out straight in front of you and twist the broomstick with hands so that the rope winds around it and raises the book from the floor.
- ☺ **Pirate** - Walk with stiff legs with inner tube stretched between feet and hands.
- ☺ **Weighted Cuff** - 10 ounces - 1_lbs weight on body parts eg. during scooter board activities.

Outside

- ☺ **Digging** - in sandpit/garden.
- ☺ **Water Play** - Pouring, skipping, crawling, hopping (forwards and backwards) at beach in shallow water.
- ☺ **Hanging and Swinging:**
 - from monkey bars in a gym or playground
 - from a rope
- ☺ **Climbing** - up a rope (preferably cotton, as it is softer on children's hands). Knots or buoys at intervals assist.