



## PROPRIOCEPTION REGULATION PRINCIPLES FOR SPENDING TIME AT HOME

We've put together some simple ideas and tasks for you to use at home, for learning and play. These are all suggestions using things you're likely to have at a home (or will be easy to get a hold of!).

### AIM

- To think about tasks and games we can easily do in the home which might organise our body; either by calming, or by alerting us

### OVERVIEW

- Proprioception is our sense of body movement. It is sensory information which comes from our joints, muscles, tendons and ligaments. It informs us about our body position, how we're adjusting and coordinating our movements
- Proprioception has a significant impact on our arousal (if we are calm or alert). We can use proprioception to 'wake us up' if we are lethargic or calm us down if we are giddy!

### WHO THIS IS FOR

- School age children, though some may be adaptable for younger children
- All human beings use proprioception to regulate so this is useful for all children!
- This may be particularly useful for children with Sensory Integration Difficulties, but some children may find the more complex tasks too hard if they have any motor planning difficulties such as Dyspraxia, cognitive impairments or learning difficulties



### Doorway and Hallway Spiderwebs



Adjusting our position - leaning forwards, backwards, sideward, climbing under or over, using our hands and our feet, is a fun way to provide proprioceptive sensory input. Using masking or parcel tape you can create a safe but fun way of entering rooms. It's as good for adults as it is for children!



### Steppingstones



Adjusting your movements so that you're stepping on particular spots can help to increase the feedback from your muscles and joints. You can put cushions close together to focus on a 'sensory walk' on unstable cushions. Or, you can put them further apart to increase the challenge. Soft cushions give extra feedback as they're more unstable.

### Hand and Feet Obstacle Course



We have rubber hand and footprints, but you could easily draw or print your own on card, paper or felt! Try and focus on making a sensory walk and following this with your hands and feet. You could make it easy by keeping the position of your hands and feet the same, or trickier by making them come in closer, or out wider like the picture.

### Upside-down Desks



You can use paper or a whiteboard for this! Tape it under a coffee table so that your child lays on the floor and reaches up to draw, colour, or even complete sticker or dot-to-dot activities! It helps to build up strength in the shoulder girdle and provides lots of proprioceptive feedback. Please ensure you tape it securely!



### Window Drawing



Drawing on windows using Whiteboard markers is a really simple way to get extra proprioceptive feedback, as opposed to sitting and writing or drawing. We particularly like drawing on frosted glass as it can make it slightly more challenging to see. This means it challenges your visual system too!

### Smoothie through a Straw



If you have a blender then the sky is the limit with the different recipes you can use to create something fun! If you don't have one, try mixing your favourite yoghurt (refrigerated or frozen) with milk or juice. The thicker the texture, the more proprioceptive feedback you receive. Don't make it too thick or you'll give up drinking it!

### Chair Push Ups



Do this together with as many chairs or people as you have! Push up on chairs and try and keep your feet off the floor. If you can't do this, then lift onto your tip toes. You should feel your core and shoulders really active!



## Other Home Activities

- **Towel Kneel Boarding:**  
You will need a towel and a smooth floor for this! Go onto the floor on your hands and knees, with your knees on the towel. Pull yourself along the floor using your hands, so that your knees slide using the towel. Your core and arms will have to work really hard!
- **Walking up a Wall:**  
Ask your child to place their hands on the floor, squatting down with their back to the wall. Ask them to step back so their feet are at the base of the wall, and then see if they can walk up the wall at all! Ensure their area is safe and you are supervising.
- **Animal Walks:**  
This is one you can do as a whole family! Think of different ways animals move; crawling, slithering on your tummy, leapfrogging, hopping, walking on hands and feet; encourage your child to move in lots of different ways!
- **Household Tasks:**  
Encourage children to help with aspects of house tasks which involve moving and lifting - setting the table, moving washing baskets, moving cushions and blankets to make a den. Even tasks such as vacuuming, and mopping can be a great way of getting this sensory input.
- **Outdoor Play:**  
All physical play and games help us to receive proprioceptive input, and there is lots of research to show that being outside in nature has the most health benefits. Take some time to be in the garden, local nature spots or parks if they are quiet and suitable for use!
- **Garden Tasks:**  
Using a wheelbarrow to move garden material, a rake to tidy leaves, a spade for digging, even a lawnmower if it is safe to do so! Get out in nature - you'll be surprised at how much you could find to do!

## Key Principles

- Have fun together with your child
- Even everyday tasks can be regulating and fun
- Please ask for help if you need it!

Please liaise with your Occupational Therapist before proceeding if any of the recommended activities are beyond what your child may usually do in their daily lives. Juniper Tree Therapy Ltd cannot be held responsible for any injury which comes from misuse from the guidance within this document. These activities should be supervised by a responsible adult at all times. Risk assessment for equipment and environments should always be completed prior to using these activities.