

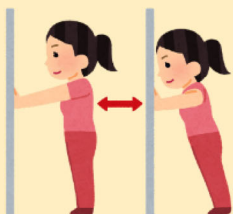
## PROPRIOCEPTIVE/ HEAVY WORK

3 mins

Our proprioceptive system lets our brain know where our body is in space. This sensory input comes from our muscles, joints, and tendons. It tells us how to position ourselves, move and know how much force and pressure we are using

1

### Push-ups



Push - ups can be completed as:  
wall push ups  
floor push ups  
chair push ups

2

### Squeezing



using a stress ball, or other soft toy and squeeze and contract the muscles in the hands

3

### Animal Walks



Exercises that are named after the animals that each walk resembles.

ie: bear, crab, frog

4

### Exercise/ Stretching



Do some stretching or exercising which encourages muscle engagement such as reaching to touch your toes, lunges, squats and sit ups,

5

### Exercise ball



Have your student lie on their stomach on an exercise ball and roll around. This can help work out any kinks in the body and provide deep pressure.

## Types of proprioceptive activities

1. **Heavy muscle work activities:** involve pushing, pulling, carrying heavy objects and weight-bearing.

Example: , carrying a pile of heavy books or doing a wheelbarrow walk

2. **Activities that apply deep pressure to the muscle and joints**

Example: using a weighted blanket, having your student hugging themselves into a tight ball

These activities can provide children with a strategy to be calm, focused and ready to