

Proprioception Strategies to Use at Home

Proprioception is often referred to as the “safe” sensory system because it generally has an organizing effect on the brain and can be calming or alerting depending on a person’s arousal levels. It is impossible to have ‘pure’ proprioceptive input without eliciting some other types of sensory input too, so if you find that these activities are over-alerting, it may be that there is a touch, vestibular or visual aspect that isn’t being tolerated. If this happens, try a different strategy and note what didn’t work.

Run Errands



Get child to run an errand: can they fetch an item from upstairs or another room?

Home Push-ups



Get your child to push against a wall with both hands as hard as they can for a short interval.
Or, get them to do pushups against a table or a chair.

Garden Games



Play chase in the garden or park.
Do handstands, cartwheels or wheelbarrow races.
Play tug of war.
Get your child to hang from a climbing frame.

Gardening



Get your child to help in the garden: raking grass or leaves, digging up weeds.

Household Chores



Bring laundry bag down stairs, help load and unload the washing machine, peg washing out, sweep the floor, help to carry stuff to the recycling bin, drag the wheelie bin to the kerb on collection days, help to make beds, help to put the shopping away, wash the car.

Hopscotch



Chalk hopscotch on the patio / drive.

Movement

Clapping games, action rhymes like “Row Your Boat”.
Dance to favourite music tracks.
Do yoga stretches.
Put sofa cushions on the floor and get your child to jump from one cushion to the next.
Get your child to do animal jumps / movements: bunny hops, frog jumps, snake slithers and elephant stomps.

