

Sensory proprioceptive and deep pressure activities for home

Proprioception/heavy work activities can benefit students who are over or under responsive to sensory stimuli or are sensory seeking.

Carrying out heavy work activities around the home can help to regulate emotional and behavioural responses to sensory stimulation and can have a calming effect.

These activities are best provided at regular intervals throughout the day.

Proprioceptive activity ideas to carry out at home:

- Carrying a full laundry basket
- Placing laundry into/out of the washing machine and/or tumble drier
- Hanging out the washing
- Helping to unload and put away food shopping
- Wiping tables
- Cooking (such as stirring and kneading bread dough)
- Playing and squeezing playdoh, stress balls, Therapeutic putty
- Dusting furniture
- Sweeping/mopping floors
- Vacuuming the floors/assisting in moving furniture out of the way
- Cleaning the windows
- Raking up leaves in the garden
- Sweeping the patio
- Pushing the lawnmower/wheelbarrow
- Washing the car
- Going for a walk, jog or cycle
- Playing Tug of war game
- Carrying out slow, controlled push-ups (either on the floor or against the wall)
- Chewing and drinking/sucking from a sports water bottle

Deep pressure can also have a calming and organising effect:

- When going for a walk, wear a backpack with items in it (i.e. book, water bottle)
- Create a quiet, cosy space with a bean bag chair and/or lots of cushions to snuggle into/place on lap
- Wrapping self up firmly in a blanket (not covering face)
- Firm hugs/self-hugs