

TIPS FOR SENSORY NEEDS

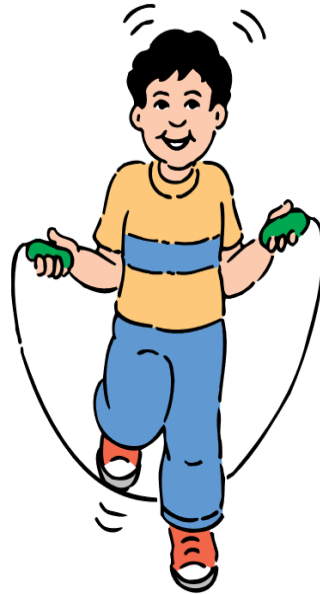
(PROPRIOCEPTION)

What is Proprioception?

This sense involves our muscles and joints. It provides information on the positioning of our body parts, the speed and force with which our muscles are stretching and how fast our body is moving through a space.

It is closely connected to our sense of movement and touch, enabling us to plan and coordinate our physical actions and manipulate objects effectively.

Proprioception allows us to engage in everyday activities - such as sitting down in a chair, reaching for objects beside us and maintaining balance when walking - without having to consciously watch each individual movement.



What are the characteristics of children with Proprioceptive difficulties?

Some may be over-responsive to Proprioception - these children may be reluctant to engage in fast movements, weight-bearing activities and tactile contact. "Picky eaters" may lack the coordinated and forceful chewing needed for specific food textures.

Others may seek higher levels of Proprioception - these children will crave excessive movement, deep pressure and rough-and-tumble play. They may appear clumsy and uncoordinated as they move around. Some may engage in self-stimulating behaviour, such as head-banging and chewing.

Ideas for Providing Proprioceptive Input in the School Environment

Classroom and Nearby Spaces

- Chair push-ups
- Pulling therabands attached to a chair
- Kicking against therabands on chair legs
- Safe chewy tubes, pendants and bangles
- Squeezing a stress ball
- Pushing in and out against a wall
- Star jumps, skips & jogging on the spot
- Big hugs and head/shoulder massages

Play Time and PE/Sports

- Pushing, pulling and squeezing play-doh
- Digging and raking at the sand tray
- Drawing/painting on the floor
- Pedalling a tricycle/giving peers a push
- Carrying items in a wheelbarrow
- Obstacle courses with running/crawling
- Climbing bars and peanut ball exercises
- Tug of War and Musical Statue games

Daily Responsibilities

- Carrying books and tidying up materials
- Taking messages to the school office
- Holding the door open for transitions
- Wiping tables after break/lunch time
- Brushing and mopping floors
- Stacking chairs for assembly
- Helping the caretaker with gardening
- Raking leaves in the playground