

Additional Movement Ideas for home/school

Proprioceptive Input: Active movement against resistance to provide heavy work for the muscles and joints. This type of input is generally calming to the central nervous system, and contributes to the development of body scheme, hand function, motor planning, modulating activity level, and joint stability. Proprioceptive input can also help to address sensory defensiveness.

Home and /or classroom:

- Jumping on a trampoline, large inner tube, couch cushions, a bed, or other similar objects (check out local waterbed stores for a small mattress with broken "baffles". Blown up with air it can make a great jumping toy. Be sure to have soft objects surrounding the mattress, because it can be very bouncy).
- Bouncing on a "hippity hop"
- Games that involve heavy work, such as wheelbarrow walking, crab walking, tug-of-war or playing tag
- Climbing on or hanging from monkey bars, jungle gyms, etc.
- Climbing a thick knotted rope (or old sheet with knots)
- Using a door way chin-up bar
- Carrying heavy objects (groceries from the car, laundry basket to another room, stacking books, pillowcases full of toys to put away, moving furniture to help with vacuuming, etc.)
- Pushing/pulling wagon filled with heavy objects
- Pushing someone on a swing

- Building towers with large, heavy blocks (i.e., taped up shoe boxes or other small boxes filled with sand, rice, pebbles, etc.
- Using a “move-n-sit” cushion or sitting on a large therapy or peanut ball during table top activities
- Wearing a weighted vest or carrying a weighted backpack
- Using a large lap bean bag during table top activities
- Chewing gum or eating chewy snacks
- Squeezing objects that provide resistance such as stress/squish balls, silly putty, etc. Stress balls can be made by filling a high quality balloon with flour, cornstarch, rice, or sugar
- Pushing with feet and/or hands against resistance (can be made into a game)
- Throwing and catching a heavy ball or bean bag
- Pressing hand prints into clay or playdoh
- Wear ankle or wrist weights while doing activities such as running and climbing
- Kicking balls
- “Sandwiching” between heavy blankets, pillows or cushions
- Rolling up tightly in a blanket
- Carrying filled suitcases around the house
- Hanging from a trapeze
- Hammering pegs into pegboard or golf tees into styrofoam block
- Wrestling, giving or receiving bear hugs
- Climb up ladder
- Wringing out wash cloth or sponge
- Climb in between mattress and box spring
- Pillow fights
- Two people lying on their backs opposite each other with the bottoms of their feet touching, pushing each other’s feet
- Vacuuming and rearranging furniture
- Empty laundry hamper
- Build a fort with old telephone books
- Kicking or pushing a heavy ball
- Gardening- digging holes for plants
- Carrying suitcases
- Pushing body parts together
- Lycra clothing or abdominal wraps
- Chair sit-ups (pushing body up off the chair while seated with the arms)
- Wall push-ups
- Chewing on vinyl tubing, or chewing and crunchy foods (provides heavy work for the jaw)
- Sucking on a sports bottle with water using a sturdy straw or spout
- Wheelbarrow walking (walking on hands with feet held by another person)

Movement (Vestibular) Input: The vestibular system is a sensory system, which responds to motion or change of head position and is concerned with perception of movement and gravity, as well as the development of balance, equilibrium, postural control, and muscle tone. It is also considered to be an important center for bilateral coordination, the development of dominance and the perception of direction and left/right.

- Playing on swings which allow both linear (straight line) and rotary (circular) swinging, i.e.: playground swings, or tire swings
- Playground activities such as slides, merry-go-rounds, etc.
- "Sit-n-Spin" toy
- Riding a big wheel, tricycle, or bicycle
- Jumping or hopping games
- Rolling across the floor or down a hill
- Sitting in a rocking chair
- Swinging in hammock made of a blanket held by two adults
- Somersaults
- Rides at parks like Elitch's
- Hippity Hop
- Sit on peanut ball, or beach ball blown up about 1/4 of the way while watching TV
- Roll up in a blanket and then unroll by pulling on blanket
- Pull the child on a blanket
- Ride on teeter-totter at playground
- Gymnastics class
- Use of scooter board or skate board: lie on tummy or sit (use helmet) and either pull child or have them go down a gently sloped ramp
- Consider movement activities while in different positions such as, sitting, on their back, on their stomach, and side lying.
- Rolling over a ball
- Rolling inside a play tunnel, or barrel

