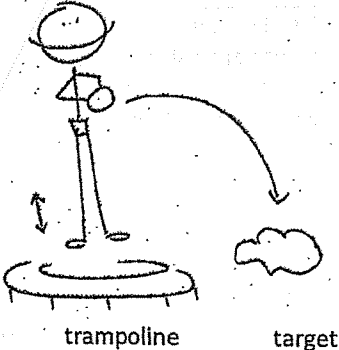
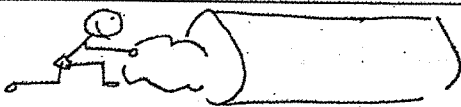
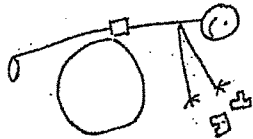
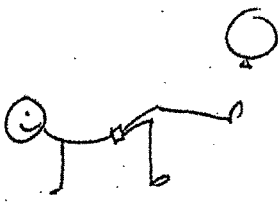


Proprioception Activities

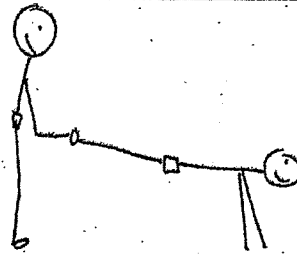
Rated 1-5 lowest to highest

Below is a list of activities compiled by our therapists that includes high intensity activities you can do at home with your children that don't that need little no equipment.

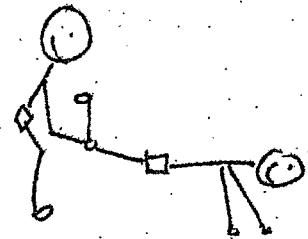
Intensity/Variations	Activity	Illustration
3-4; try using several targets and assigning points or call out which one to aim for each time.	Throwing a weighted ball from the trampoline to a target on the floor	 trampoline target
4-5 depending upon resistance of beanbag/ball in tunnel	Pushing beanbag or exercise ball through tunnel (fabric or otherwise)	
3-4; from toes is more intense than from knees	Push-ups	
2-3 depending on size of ball. The more weight over their hands the higher the intensity!	Belly or legs on exercise ball, weight-bearing on hands, doing a puzzle or playing a game	
4-5 if child is strong enough to maintain position for 1-3 minutes. If not, 2. Try crabwalk soccer with your child or with other children for a play date or birthday party.	Crab walking kicking a tossed balloon	

4-5; intensity (and difficulty) is increased by holding on at the ankles, and decreased by holding onto the child's knees. Try "walking" sideways for a change of pace.

Wheelbarrow walks



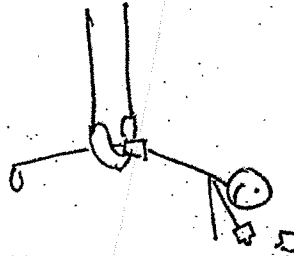
Holding ankles



Holding knees

4

Over playground swing doing an easy puzzle or other activity with the swing a little high and around child's hips or legs



5

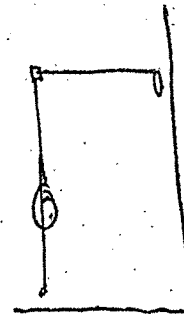
Head stands or Hand stands against the wall: hold for a count of 30 and repeat 2-3 times



Tripod headstand



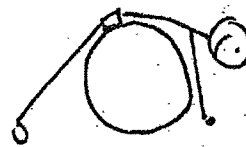
Forearms on the floor



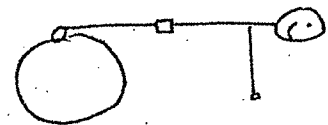
L-handstand

4-5, if repeated several times. Fun using numbered tape on the floor so child can walk out to bigger numbers and challenge themselves. Try setting up a ring game with rings at the starting position and "cones" at the end of the child's reach. Keep legs extended at the start and the end to increase intensity.

Child on belly over exercise ball: walk out on hands as far as they can go without falling and hold it for the count of 10. Walk hands back. Repeat.



Start/End



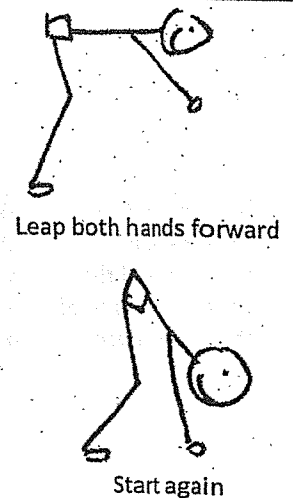
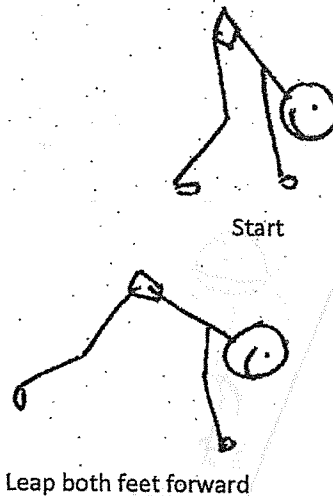
Middle

4-5, depending on the skill of the child, ie. if it is a challenging task and the child pursues, or if they can jump long enough (50-100 jumps)

Jump rope

4-5

Tarzan runs: start in bear walk position, then leap both hands forward at the same time, followed by both feet leaping forward at the same time



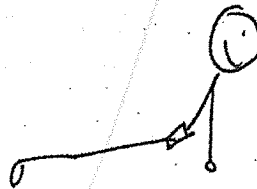
4-5

Pushing cardboard brick (or other small box) with hands down a hall. You could also use plastic lids or paper plates.



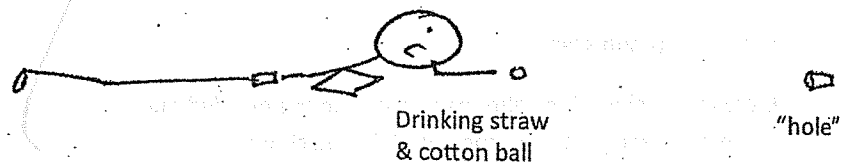
4-5 if done for 2-3 minutes, or repeated several times

Seal Walks walking on hands dragging straight legs behind



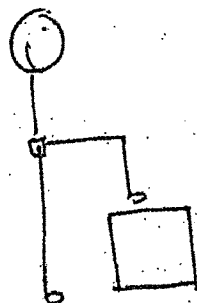
2 if done with ping pong ball; 4 if done with cotton ball and/or with combat crawl/seal walk (shown in combat crawl)

"Puff-puff golf": using a drinking straw, blow cotton balls or ping pong balls around the room to several "holes" (ie. Paper cups)

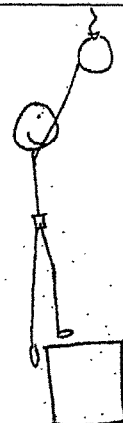


4; higher step and higher repetitions = higher intensity

Repeatedly step up onto a platform and reach for items over head



Begin/End



Middle

3-4, depending on the size and resistance of the band or the size of their side-steps

Side stepping with elastic exercise band around ankles in squat position and hands behind head



Start



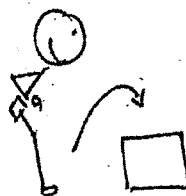
Middle; bigger steps = bigger intensity



End

4-5

Hopping up onto a stack of mats or other type of platform shin or knee high and back down



Begin/End



Middle

Ways to increase intensity (we often refer to this as "structuring" the activities):

Limit talking and silliness

Increase number of repetitions and stick to the decided number. Try using a puzzle or game as motivation, ie. Hold this piece and jump ___ times, then put it in and choose another. An older child may earn 25 pieces for every time they complete a round of their "obstacle course", working toward a 100-piece puzzle.

Make a plan, ie. First, second, third, fourth. Write it on a white board, if you like. A plan helps you and your child!