

PROPRIOCEPTIVE INPUT (HEAVY WORK) FOR TODDLERS

Heavy work provides proprioceptive feedback, allowing a child to have improved body awareness by activating muscles, joints and ligaments. The effects of heavy work can increase focus, help calm, as well as self-regulate.

When to use them:

- Breaks throughout the day to provide sensory input. Breaks should be from 5-10 minutes.
 - Prior to work/activities that requires increased focus and attention.
 - Pick a variety of activities that provide proprioceptive feedback, and mix them up throughout the day to keep it engaging for the child.
- 1) Jumping: Jumping jacks, skipping rope, and hopping all provide great proprioceptive feedback. Be like a starfish or pop like popcorn from a squat and jump as high as you can!
 - 2) Animal walks:
 - a. Crab bridge/crawl: Child walks on hands and feet, with their stomach pointing towards the ceiling. Hold this position in a bridge or walk down the hallway.
 - b. Bear walk: Child walks on hands and feet, with hips bent.
 - c. Gorilla walk: Child walks in a squatted position with knees bent and feet on the ground, with hand on ground.
 - d. Duck walk: Child walks in a squatted position with arms flapping like wings.
 - e. Dog walk: Walk like a dog on hands and knees (crawling).
 - 3) Sit-ups: 'Crunches' or See-saw sit-ups (with a partner and holding hands, alternate who sits up and who lays down).
 - 4) Pushing carts: Pushing a toy grocery cart with some items in it.