

PROPRIOCEPTIVE INPUT (HEAVY WORK)

Occupational Therapy

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 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.

Jumping

- Jumping jacks, skipping rope, and hopping all provide great proprioceptive feedback. Be like a starfish!

Wheelbarrow Walking

- Child walks with hands (open palms) on the ground, with adult holding onto ankles. Adult can hold the child at knees or at hips to provide increased stability as needed to decrease difficulty level. The child should not lock their elbows, rather keep them loosely bent.

Push-Ups

- Push-ups against the wall, sitting down in a chair, or on the ground (can modify by keeping knees on the ground). Can also complete with hands and feet on the ground, but with the hips bent. The child should not lock their elbows, rather keep them loosely bent.

Animal Walks

- 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.
- Bear walk: Child walks on hands and feet, with hips bent.
- Gorilla walk: Child walks in a squatted position with knees bent and feet on the ground, with hand on ground.
- Duck walk: Child walks in a squatted position with arms flapping like wings.
- Dog walk: Walk like a dog on hands and knees (crawling).

Sit-Ups

- 'Crunches' or See-saw sit-ups (with a partner and holding hands, alternate who sits up and who lays down).

Pushing carts

- Pushing a library cart, iPad docking station cart or a heavy laundry basket provides proprioceptive feedback.

Chores

- Vacuuming, carrying laundry, or washing the floor/windows.