

## **Proprioceptive Activities**

This resistive input, obtained through heavy work activities is generally organising and can improve attention, arousal level, body awareness and muscle tone, as well as decreasing defensiveness. These activities are usually CALMING and REGULATING for children, though those with autism might be averse to some of these activities.

### **Pushing or pulling objects and activities, such as...**

- Carrying heavy objects such as laundry baskets etc.
- Tug of war
- Thera-putty press (flatten putty on wall or desk/table)
- Pushing/pulling self or others on a scooter board, swing, hammock etc
- Thera-Band pulling
- "Pushing and pulling games" between partners (with ball)

### **Jumping and bouncing on/with items, such as...**

- on a trampoline
- on a crash mat or soft area
- into bean bag chairs
- on a therapy ball (with adult assistance of course)
- on a hopping ball
- horse riding
- with a jump rope
- foam hopscotch pads
- Sac Races

### **Climbing/hanging on things, such as...**

- monkey bars
- climber with swings
- hanging rings and trapeze
- ziplines

### **Deep Pressure/ Squashing activities...**

- make a "child sandwich" between floor pillows or cushions
- roll child up in mat or heavy blanket as a "hot dog"
- give child heavy blankets, weighted blankets
- roll an giant gym/exercise ball on top of them while they lay on the floor

## **FOR ORAL MOTOR ACTIVITIES:**

### **Chewy foods such as...**

- Chewing gum
- Dried fruit
- Gummi bears/worms etc.
- Liquorice
- Granola bars

- Raisins
- Toffees

**Resistive sucking using items such as...**

- Through thin curly straws
- Sports bottle with long straw
- Lollipops
- Icecubes
- Drink milkshake with a straw
- Peanut butter

**Blowing activities, such as...**

- Wind instruments on their terms
- Bubbles
- Balloons
- Whistles/slide whistles on their terms
- Blopens
- Blow football
- Kazoos, whizzers, and other noise makers on their terms