

Proprioceptive Activity Ideas

Proprioception is one of the important senses of our body. Proprioception is the unconscious awareness of body position. It tells us about the position of our body parts, their relation to each other, and their relation to other people and objects. Proprioception is stimulated by pressure to the receptors all throughout our body (muscles, joints, tendons, ligaments.)

Our proprioceptive system helps us walk across the room without bumping into anything or climb a jungle gym or hold a pencil to write.

The amount of pressure we use to hold items, the coordination we need to use our hands and bodies to interact with our world, and our ability to know where we end and the world around us begins all depend on proprioception.

Think of the saying “feeling grounded,” proprioceptive activities trigger the proprioception system and (whether they look it or not) are calming, organizing, self-regulating, and “grounding”.

Proprioceptive Activities:

- Jumping/ Hopping
- Running
- Climbing
- Hanging (on an adults arms)
- Stomping
- Crawling (particularly underneath or through something)
- Crab Walking, Bear Walking, other Silly Animal Walks
- Squeezing (stuffed animal, ball, playdough, fidget, etc.)
- Chewing (snack time! Crunchy or Chewy Snacks)
- Jumping Jacks
- Push Ups
- Rolling a Large Exercise Ball Over Body
- Sitting and Bouncing on Exercise Ball
- Heavy Work (pushing, pulling, carrying a heavy item)
- Hugs
- Lying Under Heavier Object (large stuffed animal, weighted blanket)
- Crashing into large soft object (bean bag chair, large stuffed animal)
- Wiggle
- Crawling through tunnels or boxes on all fours
- Playing Tug of war—with ropes, scarves, stretchy bands
- Pulling apart resistant toys/objects—Lego, snap beads, stretchy toys
- Body stretches

Further Reading: <https://yourkidstable.com/proprioceptive-activities/>