**Proprioception and Movement Breaks**

Proprioception is the information we receive from our muscles and joints that lets us know the position of our body in space without the need to look. Difficulties in this area can present as fidgety behaviour, tripping and bumping into objects and with difficulties in judging force and direction. Proprioceptive activities involve resistance and heavy work and can have a calming effect. Anytime we squeeze through a tight space, hug someone or jump up and down we are getting proprioceptive input.

To support children with maintaining attention and a calm state throughout the day, the inclusion of movement breaks can be beneficial. It is recommended that movement breaks are purposeful and include proprioceptive activities. These are particularly useful prior to periods of concentration or after active periods e.g. gym, break. For maximum benefit it is suggested that these are carried out at regular intervals throughout the day. In school many activities can be done as a whole class or made part of a class routine to minimise disruption.

|  |  |
| --- | --- |
| **Activities for Home** |  |
| MCj03329260000[1]push up on chairMCHH01920_0000[1]MCj04382330000[1]MCj03384360000[1] | * Hoovering and sweeping
* Washing windows/table
* Making beds or carrying laundry
* Hanging washing
* Washing the car
* Pushing a shopping trolley
* Carrying shopping and help put it away
* Helping in the kitchen/cooking
* Gardening
* Wheelbarrow walking
* Movement breaks during homework
* Watching TV on tummy or sitting on yoga ball
* Weight-bearing through arms on floor – lower limbs supported on bed/settee, carrying out activities in this position. e.g. Jigsaw puzzle
* Child sandwich – using duvet or mat to wrap up child and apply light pressure
* \\filestore1\Users\Occ Therapy share\RESOURCES\ACTIVITIES & PROGRAMMES\Image Bank\sausage roll.bmpGiving firm, deep hugs. Take the lead from the child – if he wants you to stop then respect this and continue if he enjoys it and you notice a calming effect
* Give deep pressure through the shoulders with the child seated (take the lead from the child)
 |
| **Classroom Based Activities** |
| \\filestore1\Users\Occ Therapy share\RESOURCES\ACTIVITIES & PROGRAMMES\Image Bank\carry books.bmpwall push upstheraputty\\filestore1\Users\Occ Therapy share\RESOURCES\ACTIVITIES & PROGRAMMES\Image Bank\hop.JPGSee the source imageSee the source image | * Helping out around the classroom, moving chairs, wiping desks, wiping boards
* Encourage the child in heavy work. e.g. handing out books, carrying milk.
* Have the child clasp their hands and apply pressure downwards on the head
* Curl into a tight ball
* Chair/wall/floor push ups
* Wake up activities – scrunch and stretch muscles in face, hands, feet; stretch/bend arms/legs; hunch/relax shoulders; rub arms and legs as fast as you can.
* Pushing hands together in a prayer position provides proprioceptive feedback
* Give self a tight squeeze/hug
* Any pushing and pulling activities
* Marching
* Theraputty exercises
* Hand strengthening games
* Fidget toys e.g. stress ball, Blu tac
* Encourage active break and lunch times

\*Classroom activities can be carried out at home |
| **Outdoor/Gym Activities**  |
| MonkeyBars\\filestore1\Users\Occ Therapy share\RESOURCES\ACTIVITIES & PROGRAMMES\Image Bank\hopscotch.gifcrab walkwall sit exercisesrow your boat\\filestore1\Users\Occ Therapy share\RESOURCES\ACTIVITIES & PROGRAMMES\Image Bank\girlskipping.gifpass ball back over head | * Playing on playground/park equipment (e.g. hanging on money bars/climbing)
* Balance activities (walking along a line, jumping/hopping activities)
* Obstacle course – on hands and knees (indoor and outdoor)
* Animal walks (frog, snake, monkey, crab)
* Any yoga type poses (tree, downward dog, superman)
* Throwing and catching activities (beanbags in hoop, throwing large or small ball)
* Push or pull activities – wheelbarrow, tug-o-war, trampoline
* Crawling against resistance (at knees, hips, shoulders)
* Feet against feet with partner pushing against each other e.g. row your boat
* Skipping
* Commando crawling – on mat, between mats, through tunnels
* Passing balls over head – emphasis on hands above head, using different sizes and weights of balls. Can be played as a team, in a line moving from one side of the room to the other
* “Twister” MB Games
* Air chair – press back against wall, bend legs and pretend to be sitting on a chair
* Walking/jogging carrying weighted backpack
* Trampolining
 |