

## Proprioceptive Activities – High School

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 high activity levels, tripping and bumping into objects and with difficulties in judging force and direction. Proprioceptive activities involve push and pull resistance and can also have a calming effect.


Regular sensory input is needed in order for young people's brains to support self regulation. If they aren't receiving this regular proprioceptive input, some young people find it more challenging to regulate their emotions/behaviour and subsequently can have more distressed behaviours.

To support young people with feeling regulated and understanding where their body is in space, the inclusion of activities to promote proprioception can be beneficial. We have provided a variety of ideas for you to choose from. Activities work best if carried out in small frequent sessions throughout the day and become part of your weekly routine.

We would recommend trying these out for 10-12 weeks to see if they have a positive impact. If so please continue to make these activities part of their daily life.

For further advice please see the contact details below for our parental advice line and professional enquiry line.

### Activity Suggestions

- Helping out at home with hovering, wiping tables, making beds, carrying laundry & hanging washing
- Pushing a shopping trolley, helping to carry shopping and help put it away
- Helping in the kitchen: mixing, measuring, chopping, kneading, rolling or using cookie cutters. 
- Helping with gardening
- Walking – different surfaces to increase resistance e.g. sand, grass, up hills
- Walking/jogging carrying weighted backpack
- Sports e.g. football, netball, multi sports groups
- Join a local gym - from age 12 in Fife young people can join Gym64, from age 14 they can join Fife Leisure Trust gyms, and from age 16 Pure Gym
- Swimming
- Air chair – press back against wall, bend legs and pretend to be sitting on a chair

- Pushing hands together in a prayer position provides proprioceptive feedback
- Give self a tight squeeze/hug
- Chair/wall/floor push ups
- Yoga or pilates



## Parent advice line



**Do you have questions about how your child plays, enjoys hobbies, manages at school or looks after themselves** (such as concerns about physical abilities, attention or sensory differences)?

Call our advice line and speak directly with an Occupational Therapist.

**01592 226699**

Occupational Therapy  
Monday 12 noon–2pm  
Wednesday 10am–12pm



**Professional enquiry line** for speech and language therapy, occupational therapy and physiotherapy for those working with children and young people.

Call **01383 674055**

Speech and Language Therapy  
Monday and Thursday 2–4pm

Occupational Therapy  
Tuesday and Thursday 3–5pm

Physiotherapy  
Wednesday 3–4pm and Thursday 9–10.30am

