



1815 E Queen Creek Rd
Chandler, AZ 85286

Phone: (602) 492-1730

Fax (480) 883-1084

www.PillerChildDevelopment.com

Helping Children Reach their True Potential

Proprioceptive Input

The proprioceptive system arises in the muscles and joints of the body and helps the body know where it is in space. This allows the child to have feedback from his or her body as to where it is in relation to objects in the environment and allows him or her to move in a coordinated way. The proprioceptive system is often an organizing system so provide as many opportunities for proprioceptive input during the day as possible. Below is a list of activities to help increase proprioceptive input.

Pushing/Pulling/Climbing

- Push toy shopping cart filled with heavy items (i.e. books)
- Push laundry basket full of wet or dry laundry
- Pull wagon
- Push another child on a riding toy
- Vacuum
- Tug of war
- Monkey bars
- Rock walls
- Climbing on playground equipment
- Climbing rope or suspended ladder

Jumping

- Jumping on trampoline (big or small)
- Jumping or walking on pillows and couch cushions
- Jumping rope
- Pogo stick and moon boots
- Hippty hop ball
- Bounce houses
- Horse back riding

Heavy work

- Animal walks (see below)
- Wheelbarrow walking
- Wall and chair pushups
- Crawling games or have child maintain crawling position for 1-2 minutes. Try stacking items like pillows on his back

- Carrying heavy object (dishes to help set table, books, backpack with books, laundry basket, etc.)
- Scrub floor
- Commando crawl
- Moving furniture
- Carrying heavy object (dishes to help set table, books, backpack with books, laundry basket, etc.)
- Wearing weighted items (backpack with books, weighted vest, lap pad, etc.)
- Lying on tummy over pillow or towel bolster to weight bear on arms
- Cleaning boards, windows, tables
- Helping with vacuum and sweeping
- Pressing hands together
- Joint compressions

Oral Input

- Chewy foods- beef jerky, gummies, twizzlers, bagels, soft pretzels, large hard pretzels, raisins, granola bars, gum
- Resistive sucking- use straws to drink liquids, yogurt, milkshakes, pudding

Squeezing/Pinching

- Play-do- cut play do; hide objects inside to have child find them
- Theraputty
- Rolling pin
- Hole punch
- Side walk chalk
- Squeezing clothespins
- Stress balls and other fidgets toys

Animal Walks-animal walks are easy to incorporate during the day. Choose an animal walk to get from room to room during daily routines.

- **Frog jump** -Squat on the floor, placing hands on floor in front of you. Move both hands forward, then bring feet up to hands in jumping motion back to squat position
- **Bear Walk** -With hands and feet on floor, move right arm and leg forward simultaneously, then move left arm and leg.
- **Inchworm** -Squat on floor with hands in front. Keeping feet stable, walk hands forward as far as you can so that you are stretched out. Then keep hands stable and walk feet up to hands back to squatting position.
- **Kangaroo jump** -Squat on floor, hands at sides, raise up and jump forward, sinking back into squatting position as you land.
- **Crab walk** -Lean back and put hands on floor (supine with buttocks off floor) walk backwards, using hands and feet alternately.
- **Duck walk**- Squat on floor with hands at sides. Remain in position while walking (waddling) forward.