

ACTIVITIES FOR HOME FOR YOUR KID'S SENSE OF MOVEMENT AND PRESSURE

Proprioception

Sensory Processing

How we feel and experience the world around us; there are three types of sensory processing:

- Avoiding: this child typically “avoids” movement and situations that are overwhelming to them
- Seeking: this child can't get enough stimulation and “seeks” out exciting movements
- Under-responsive: this child doesn't seem to notice much around them
- Proprioception: your body's ability to understand the position of our body and how it moves



Sensory Treatment

- Modulation: using preferred input before, during, and after activities to make the child feel “just right”
- Remediation: gradually introducing non-preferred stimuli over time
- Adaptation: adapts the activity for success



Movement Avoider

Your child might be sensitive and grow upset with movement or pressure

- Start slow and begin with gentle activities and gradually increase the intensity when your child becomes more comfortable
- Encourage your child to hug their favorite stuffed animal or blanket providing them with soft pressure
- Have them play with Play-Doh or squeeze a stress ball
- Animal walks can help your child get used to their body moving in different positions



Movement Seeker

Your child is constantly seeking extreme movement that might be unsafe; your child might be known to play “rough”

- Ensure that all activities are safe and appropriate for the child's strength and physical abilities
- Create a “pillow sandwich” by gently squeezing your child between two soft pillows
- Let your child help you with chores and carry grocery bags from the car to the house (appropriately weighed for their age and strength)
- Try new moves with wall push-ups, animals yoga, and jumping jacks
- Create a safe crash zone with a pile of pillows and allow your child to jump into them

Under-responsive to Movement

Your child doesn't seem to notice movement and needs more pressure to notice

- Start slow and begin with less intense activities and gradually increase activities as the child becomes more comfortable
- Encourage the child to carry objects like a bag of rice or a backpack
- Have your child push a full laundry basket or pull a wagon with some weight in it
- Give you child firm, deep "bear hugs"
- Set up an obstacle course with things to climb over, crawl under, and move around



Considerations

- All activities should be done with adult supervision for safety
- Be patient with your child, they are struggling to understand the world around them
- These activities are not a substitute for medical care, please seek the advice of your child's medical team before implementing any of the strategies discussed here



Therapist Notes
