

Classroom Ideas to Increase Proprioceptive Input (input to muscles and joints)

Compiled by Janet Mapes, OTR/L

1. Analyze jobs and direct child to those that can provide heavy work or resistance to child:
 - Wiping off board
 - Washing tables
 - Moving furniture
 - Carrying heavy objects in room (books, heavy toys, baskets or buckets filled, etc)
 - Use sweeper on floor

2. Provide heavy touch pressure:
 - Drape large beanbags or something heavy over child's lap while in circle
 - Massage
 - Lot of deep pressure hugging
 - Localized deep pressure on shoulders, legs, hips
 - Weighted backpack or vest in class

3. If there is space – have a small trampoline in room
4. “Jump” child between activities
5. Bounce on therapy ball or small ball
6. Have a quiet corner with heavy pillows, blankets, bean bag chairs that a child can place on top of self
7. Increase opportunities in class for resistive activities:
 - Provide sand paper, playdough, clay for cutting
 - Erasing chalkboard/dry erase boards
 - Clay/Playdough play
 - Sand play for digging, raking, etc. Wet the sand for more resistance
 - Hammering
 - Pushing constructive toys together
 - Geoboards with rubberbands
 - Fidget toys that you squeeze with some resistance