

# SENSORY STRATEGY HANDOUT

## PROPRIOCEPTION

### Heavy Work

Need a go-to for all things heavy work (aka proprioceptive input)? Here's a list of activities your child can complete to help calm and organize their nervous system!

#### ACTIVITIES:

- Massage
- Steamroller with therapy ball / pillows
- Bubble mountain
- Chewing gum
- Tug of war
- Weighted vest / blanket / lap pad
- Ankle / wrist weights
- Therapy ball kicks (child laying on back, kicking ball with feet in the air)
- Animal walks
- Medicine ball slams
- Push a heavy laundry basket
- Carry a stack of books
- Lycra tunnel / body sock
- Joint compressions
- Blanket tortilla
- Wall walk-ups
- Push the wall / wall push-ups
- Wall sit
- Jumping on a trampoline
- Wheelbarrow walking
- Crash pad / bean bag chair

