



The Proprioceptive System

The Proprioceptive System is centered in our muscles and joints and gives us information about the force of our movements and the position of our body parts.

Quick Wins

CRASHING

Crashing into bean bag chairs, cushions or a crash pad provide whole body proprioceptive input.

STOMPING

Try stomping in puddles, leaves, or snow or create "targets" to stomp on using colored tape.

HEAVY WORK

Pushing and pulling against resistance can have a calming and organizing effect on kids' behavior.

CHEWING

The jaw provides some of the most powerful proprioceptive input in the whole body. Try gum or chewy snacks.