



HOME STRATEGIES

PROPRIOCEPTIVE ACTIVITIES

Household Chores

- Vacuum
- Sweep or mop
- Carry the laundry
- Wipe off the table
- Carry a watering can to water plants
- Wash windows using spray bottle

Yard Work

- Rake leaves
- Push the wheelbarrow
- Shovel sand or dirt into a wheelbarrow
- Help in a garden digging, hoeing, raking, pulling weeds, etc.