



WHOLE CLASS STRATEGIES

PROPRIOCEPTION: DEEP PRESSURE

Many proprioceptive activities happen or can happen naturally in the classroom. These activities are generally quick and can be thought of as “sensory snacks.” When spread out naturally throughout the day, they can have a calming and organizing affect on the child.

- Ask the child to remove chairs from tables at the beginning of the day or activity and puts them back up at the end of the day/activity
- Drag or rearrange furniture such as moving desks or chairs into a circle for a special part of the day
- Use squirt bottles and sponges or rags to clean tables or the board
- Pushing or pulling a box or cart of supplies
- Make "special deliveries"
- return a stack of books to the library, get supplies from the office such as a stack of paper, etc
- Carry or push the box or tray of milk cartons
- Sharpen pencils using a manual pencil sharpener
- Use the dye cut machine (with supervision) to cut out shapes - could take “orders” from staff
- Cut through several layers of construction paper
- Staple packets of paper or staple paper onto a bulletin board
- Chair push-ups
- Climbing activities - such as on the playground
- Use quiet squeeze toys or resistive putty prior to fine motor work

The following activities should be done first thing in the morning and/or before tasks requiring attention

- Lay on a beanbag with a weighted blanket
- Roll over with a large sensory ball 10 times
- Sandwich between two beanbags and gently add pressure for 2 minutes
- Lay in prone on a bean bag chair and roll ball over top of student, applying pressure for 20 reps
- Wheel barrel walking/standing (hold student by his ankles and have him walk forward on both hand or just push up with straight arms)

HEAVY WORK ACTIVITIES

Heavy work activities involve pushing or pulling against resistance. Heavy work activities can be used to help calm children and as exercises to promote upper extremity strength and stabilization.

- Place heavy objects on a scooter or in a wheelbarrow and have the child push it around the room
- Place several text books or other heavy objects (but not too much weight) in a child’s backpack
- Have the child give you a “ride” by pushing you in a wheeled chair or scooter. Then switch and give him a ride!
- Have the child lie on his belly on a scooter and propel himself around the room
- While lying on the scooter board, pull self up a ramp
- Pulling games such as tug-of-war or have the child sit on a scooter or swing and hang on to a rope while you pull with the other end
- Squeeze toys such as stress balls
- Push the walls
- Pull apart Velcro toys fastened by heavy-duty Velcro
- Crawl through the fabric tunnel or push a large therapy ball through the tunnel
- Therapy putty exercises
- Pinch, pull, and squeeze
- Find hidden objects

Theraband Exercises

- Hold theraband with both hands and pull apart to each side
- Stand on the theraband with both feet and pull up with both arms out to the side or in front