



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Sensory activities - proprioception

What are sensory activities?

Sensory activities can be used to support the child or young person to have a balanced amount of sensory information throughout the day in order to provide the right level of sensory input to support their regulation and function. We all need sensory information to stay calm and focused and the sensory activities can be integrated into everyday routines.

The following activities focus predominantly on the use of the proprioceptive system.

Weight-bearing activities

Yoga	Animal walks	Gym ball activities
		Chair push-ups

Heavy work and resistance

Carrying heavy loads	Weighted ball play	Wall pushes	Pushing and pulling games

Cardiovascular

Bouncing on trampoline	Jumping games and movement trails	Rough play and contact sport	Running and scooting

Deep pressure



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Tight hugs



Deep pressure massage



Hot dog roll or blanket
wrap



Weighted wrap or pad

Guidelines for using Sensory activities

- Watch the child's behaviours and reactions at all times and if an activity is over arousing a child or under arousing them stop and do not continue. This is because too much sensory information may cause the sensory system to shut down or the child becomes over aroused.
- Allow the child to be in charge of the activity as long as it is safe to do so. Sensory activities should be given under supervision of an adult.
- Ensure that you prepare the child for the activity they are going to undertake using verbal or visual instructions as this will support them to learn the steps of the process.
- Sensory information should be given over short periods of time.
- Reflect on what the child was doing before and after the activity and does it make any difference to their performance.
- Please only use the equipment provided for what its intended use is and follow instructions and the information.