



Proprioceptive (Heavy Work) Activities For Children

Square Scooter Activities

1. Scoot & Grab
 - a. Prone on scooter OR sitting on scooter
 - b. Pick up objects and put them in a bin
 - c. Can be timed
2. Body Bowling
 - a. Prone on scooter
 - b. Set up cardboard blocks
 - c. Have friend propel into the blocks
3. Spin on Scooter, called "Tornado"
4. Rope Pull
 - a. Tie rope to steady surface
 - b. Have friend pull body up rope
 - c. Can have puzzle pieces at one end and puzzle board at the other



Animal Walks

Snake Crawl

3 times



| | | |
|-----------------------|-----------------------|----------------------|
| <p>Horse Gallop</p> | <p>Penguin Waddle</p> | <p>Deer Leaps</p> |
| <p>Walrus Walk</p> | <p>Crab Walk</p> | <p>Lame Dog Limp</p> |
| <p>Kangaroo Jumps</p> | <p>Bear Walk</p> | <p>Elephant Walk</p> |

Resistance Band Exercises

(Can do without the Handee Band)

PG 4

HELICOPTER

Repeat 10 times.

- 1 Stand tall with your legs straight and feet apart.
- 2 Find the Handee Prints on the Handee Band and squeeze them tightly.
- 3 Imagine you're a helicopter propeller ready to fly into the clouds.
- 4 Hold the Handee Band, extend your arms high and straight above your head, and grip the Handee Band tightly.
- 5 Take a deep breath, pick a Handee spot to focus on, keep your arms up and without moving your feet, twist from side-to-side, left to right, letting your "helicopter" soar!

★ Good job! You did it! Keep track of this exercise on your calendar

Cleared for take off!

FEARLESS WARRIOR

Repeat 10 times.

- 1 Stand with your legs straight and your feet apart.
- 2 Find the Handee Prints on your Handee Band and squeeze them tightly.
- 3 Raise your arms straight above your head.
- 4 Take a deep breath and fearlessly focus on a Handee spot on the wall.
- 5 Pull and stretch your Handee Band wide, then slowly release.

Do you have what it takes?



Good job! You did it! Keep track of this exercise on your calendar.

START YOUR ENGINES

Repeat 10 times.

- 1 Sit in a chair and imagine your favorite fast car.
- 2 Hold onto the Handee Prints on your Handee Band.
- 3 Stretch your arms straight in front of you like you're holding a steering wheel and place your feet on the "pedals."
- 4 Pretend you're driving by moving your hands up and down. It's okay if your Handee Band is loose; just keep your arms straight.
- 5 Make "vroom vroom" sound effects to really get your engine going!

Step on the gas
and race to the finish!
Earn your racing stripes!

★ Good job! You did it! Keep track of this exercise on your calendar.



ROW YOUR BOAT

Repeat 10 times.

- 1 Get aboard your "boat" by sitting on the floor with your legs stretched out straight in front of you.
- 2 Wrap the Handee Band around your feet holding one end in each hand.
- 3 Keep arms and legs straight as you sit up tall, matey!
- 4 Bend your arms at the elbows, pulling the Handee Band close to your sides before straightening your arms again.
- 5 Pick a Handee spot to focus on, go slowly and BREATHE!

★ Good job! You did it! Keep track of this exercise on your calendar

Rowing ahoy, matey!



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Therapy Ball Exercises:

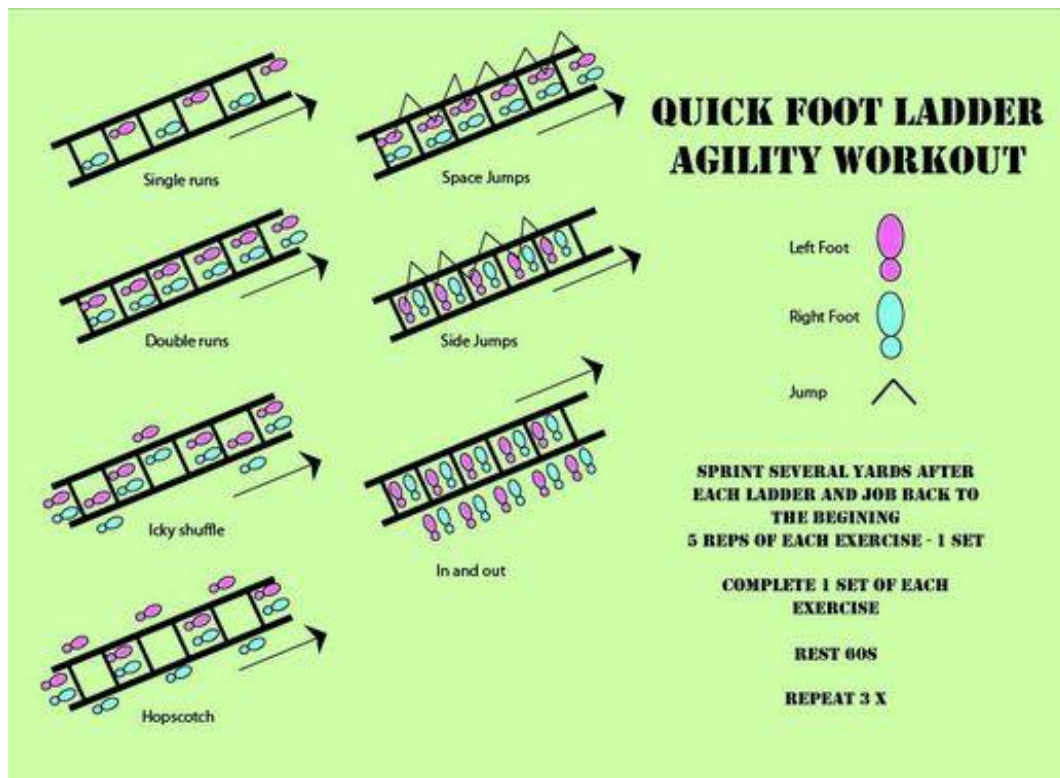
1. Lie prone and sort objects from one container to the other container
2. Crawl over ball/prone on ball
3. Push the ball across the room
4. Leg kicks
 - a. Lie supine
 - b. Bring Knees up to chest
 - c. Roll ball toward child
 - d. Have them kick the ball
5. Dribble, throw, or pass ball
6. Bounce up and down on ball
7. Wall sits/Wall squats against ball
8. Wheelbarrow/Plank



Hopscotch

1. Only jump on odd numbers
2. Only jump on even numbers
3. Switch from 2 legs to one leg
4. Jump forwards or backwards
5. Answer questions while hopscotching.

Agility Ladder



Kinetic Sand:

1. Making sand
2. Digging
3. Moving sand using a bucket or other container
3. Scooping and Shoveling
4. Kneading/Rolling

HOW TO MAKE:

Ingredients:

- 5 cups sand (approx. 10 lbs) ~ free or nearly free, if you have it
- 1.2 cups corn starch (approx. 1 cup + 3 tablespoons)
- 1/2 teaspoon dish soap (e.g. Dawn Dishwashing Liquid)
- water (about 1 cup)
- *optional*: 1 teaspoon Tea Tree Oil (for antibacterial properties)

Directions:

- Put sand in a container
- Add corn starch and mix thoroughly
- Mix water & dish soap, then add to sand
- Mix thoroughly and enjoy!!
- Store in a covered container.



DIY
kinetic sand

Yoga



Turtle



Monkey



Giraffe



Butterfly



Flamingo

Animal Poses



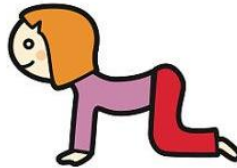
Lion



Dog



Snake



Cow



Cat

Let's Make an Alphabet!



Craft Activities

1. Hole Punch Activities

a. Shapes

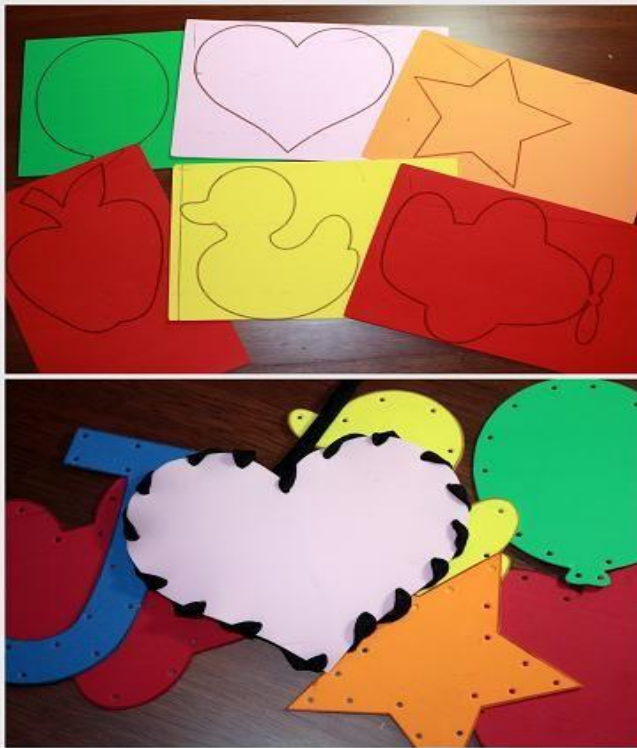
can include threading yarn

b. Letters & Numbers (on the line)

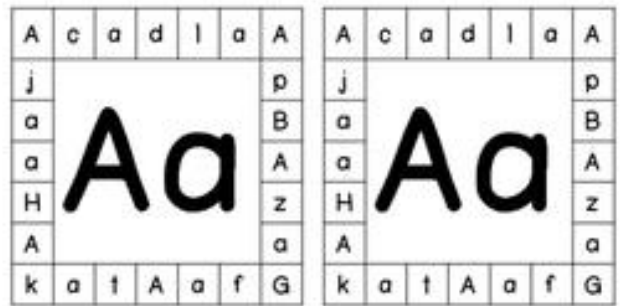
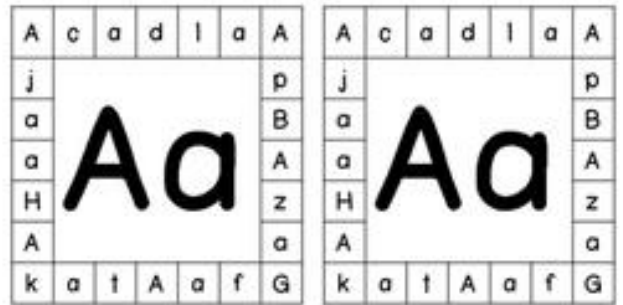
c. Letter Recognition

d. Punch and use colors to fill in a picture

*Different types of paper can be used for grading of activity such as: notebook paper > computer paper > construction paper > card stock > paint swabs

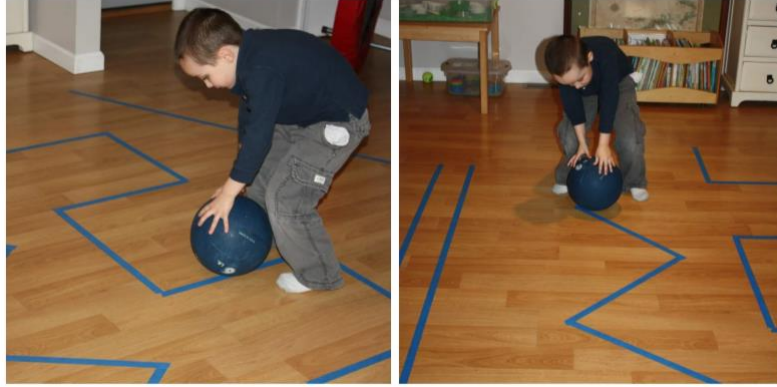


2. Coloring on large paper on Hands & Knees



Weighted Ball Activities

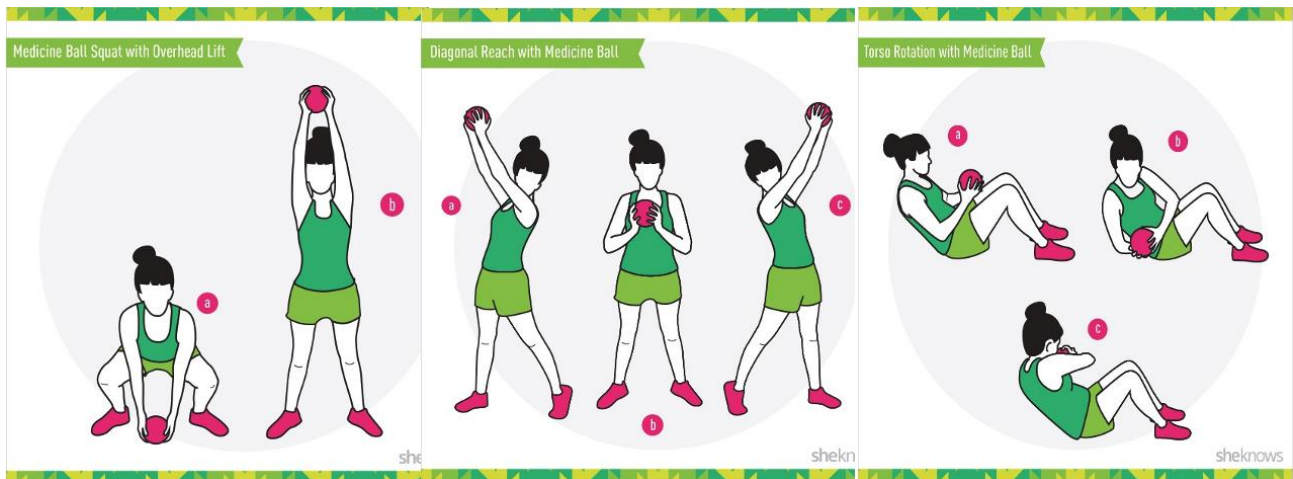
1. Pushing weighted ball across taped floor



2. Push back and forth



3. Weighted Ball Twists/Lifts



Other Exercises

1. Wall pushes
2. Chair dips
3. Wall sits
4. Wheelbarrow walks
Child should keep fingers facing forward as much as possible. Easier = hold child's legs at knees or hips, harder = hold child's legs at the ankles
5. Weighted walks w/ bookbag & ankle weights
6. Pulling Ropes/Tug of War

