

## Occupational Therapy (OT) activity suggestions: sensory strategies

### Heavy work activities (proprioception)

This input can have a powerful calming and organizing effect on the nervous system. These activities are important to include in calming sensory diets. Proprioception also assists in developing body awareness, grading muscle strength and spatial awareness.

These activities are useful for a child who is easily overwhelmed by other types of sensory input (e.g., tactile, auditory, visual). Generally, proprioception activities include resistance-based and heavy work (i.e., any push, pull, lift and/or carry activity).

### Home

- household tasks (i.e., general chores, carrying heavy laundry, groceries, garbage/recycling, moving furniture, watering plants)
- yard work (i.e., shoveling, raking, gardening)
- games (i.e., tug of war, safe rough housing, playground use, obstacle courses, wheelbarrow walking, animal walks)
- stair climbing (2 by 2, emphasis on foot stomping)
- sports (e.g., swimming, gymnastics, dancing, biking, rugby, yoga, skating)
- hitting a punching bag
- lift heavy objects
- moving furniture
- joint compressions



## School

### In the classroom:

- wiping chalk off of the board
- moving furniture/rearranging desks
- chair push ups/wall push ups
- stacking the chairs in the morning or at the end of the day
- emptying the garbage/recycling
- carrying heavy books
- participating in the milk delivery program
- using a move n' sit cushion, disc cushion
- putty play
- wall and chair push-ups
- squeezing stress balls
- putty play



### In the playground or gym:

- holding the gym door open for the other students
- pushing the ball cart/moving gym mats
- doing wheelbarrow walks
- climbing stairs two at a time
- mini trampoline
- playing hopscotch
- kicking a soccer ball against the baseball diamond cage or wall
- bouncing on an exercise ball
- playing with a weighted ball
- playground play
- obstacle courses
- rough and tumble play
- tug of war
- crawling through tunnels and boxes

