



Ways to Provide PROPRIOCEPTIVE Activities at Home

RESISTANCE WORK!

- Push chair, table, or heavy box
- Pull wagon; Jump on bed; Hang from bars
 - Sweep floor; Wipe counter;
- Push feet on theraband on legs of desk
- Pull on a rope tied to a doorknob or tree

CARRY & CLIMB!

- Carry books; Carry backpack; Stack chairs
- Toss, roll, carry, and catch a weighted ball
 - Wear wrist and ankle weights
- Rearrange a shelf of cans and boxes
- Climb on outdoor play equipment

ANIMAL WALKS!

- Slither like a snake; Slide like a worm
- Creep like a spider; Crawl like an ant
- Bear walk with hands and feet on floor
 - Cat walk and arch your back
 - Pony gallop on hands and feet



MUSCLE WORKOUT!

- Knee push-ups; Wall push-ups; Chair push-ups; Planks; Long jumps
- Play tug of war; Commando crawl
- Crawling/Creeping obstacle course
- Wheelbarrow walk; Yoga poses

ORAL MOTOR INPUT!

- Chewy jewelry; Vibrating oral toys
- Suck a candy; Drink from a straw; Chew gum
- Drink from water bottle; Eat crunchy foods
- Blow bubbles; Blow a whistle; Blow pompoms across a table; Blow into pop tubes/straws

SQUISH AND BE SQUISHED!

- Give and get bear hugs and massage
- Squish between cushions; Roll in blankets
 - Stress ball; Playdoh; Theraputty
- Weighted lap pad/vest; Compression garments
- Squish under therapy ball; Joint compressions

Dr. Lisa Marnell, Occupational Therapist

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Ways to Provide VESTIBULAR Activities at Home

PLAY IN DIFFERENT PLANES!

- Drag a child on a blanket . . . have them lie down on their backs, then on their tummies
 - Roll sideways down a grassy hill
 - Play TAG on a scooter or while pretending to be animals

ANIMAL HEAD POSITIONS!

- Be an elephant – hang your head low and take big steps . . . look up from time to time
- Be a snake and slither with your head up
- Be an upside-down turtle – then flip over!
 - Be a cart-wheeling baboon

JUMPING GAMES!

- Jump up and down on a trampoline . . . change directions with each jump
- Play Freeze Dance with music and jump forward, backward, or side to side
- Play Simon Says with jumping and hopping



SWINGING!

- Swing forward and backward
- Straddle a swing . . . go side to side
- Lie on your tummy and swing
- Teach a child to pump a swing . . . kick the legs out in front then back

SPEEDY STOP & START GAMES!

- Play Red Light – Green Light – Try playing this game on tricycles, bicycles, or scooter boards
- Play Listen Up! in which a child runs, hops, jumps, rolls, or leap-frogs until they hear a specific letter, word, or sound to stop

SPINNING!

- Play on a Sit & Spin
 - Put arms out wide and be a tornado
- Be a spinning butterfly and go from A to B
- Allow kids to spin to their hearts content, but NEVER passively spin them

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