

Proprioceptive or movement activities to help with regulation

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- **Effect of each activity** - These activities provide proprioceptive and tactile (touch) input. This input will have a calming effect on the young person, to assist them to regulate so that they can attend or engage with an environment or set task.
- **A child's response to activity** - Children will often seek the activities once they have experienced them as they are aware of its effect. The young person should then appear more on task and engaged. They should display less rocking or need for movement and be able to sit for longer periods. They should be also be able to engage and respond more appropriately within social situations.

Activity	Duration
<p>Squishing</p> <p>This activity is to be completed on a carpeted/ padded area of floor. The young person is to choose if they would like to lie on their back or front. Once the young person is laid in chosen position apply pressure with therapy ball. Check with the child if they would like more or less pressure, as they will be able to guide you to meet their needs. Begin at the bottom of the legs and roll the ball slowly, applying consistent pressure. Go as high as the young person would like, again they will guide you. Once you have reached the top of the movement perform reverse to go back to bottom of legs. DO NOT put ball on young person's head. Check in regularly to ensure that the young person is ok and the pressure is meeting their needs. This activity should finish when the young person indicates they would like it to stop.</p>	<p>Build up young person's tolerance. Begin with a minimum of 2 minutes if possible and build to 10 minutes.</p>

Activity

Duration

Pressing into ball

Hands - Kneel or stand in front of therapy ball and press hands into ball. Shoulders should not be hunched and there should be a bend in the young person's elbows. Press as hard as they are able to maintain the pressure while in control of the ball.

Back - Place therapy ball against a wall or solid surface, Young person to sit with back against the ball. Place hands on floor with hips and feet flat on floor. Young person to lift bottom off floor and press ball into wall. Again pushing as hard as they can to maintain consistent pressure and control of therapy ball.

Feet - Place therapy ball against wall. Young person to lay on their back and place feet on therapy ball with knees at 90 degrees. Young person to press ball against wall as hard as possible to maintain consistent pressure and control of therapy ball.

Head - Place ball against wall. Young person to adopt 4 point kneel with top of head touching ball. Young person then apply pressure into ball with top of head. Shoulders should not be scrunched, neck and back should be straight. Young person to apply a pressure that feels comfortable and they are able to maintain while in control of therapy ball.

Complete each activity for a minimum of 10 seconds and repeat x 3.

Activity	Duration
<p>Seated exercises</p> <p>These activities can be completed while sat at desk.</p> <p>Press palms together - Place hands together in prayer position at shoulder height. Elbows to be level with shoulders and press hands together as hard as possible.</p> <p>Link fingers - Make a loose fist with left hand with thumb up, repeat with right hand with thumb down. Link fingers together and have hands and elbows at shoulder height. Attempt to pull hands apart, change hands over and repeat.</p> <p>Press into legs - Seated in chair with legs at 90 degrees and straight back, press palm of hands into thighs, do not scrunch shoulders and maintain bend at elbow.</p> <p>Press on head - Link fingers in between each other and place linked hands on top of head. Pull hands down maintaining straight neck and back.</p> <p>Lift bum off seat - Place hands on side edge of seat. Lock elbows and lift bottom off seat and feet off floor. Hold this position for as long as possible.</p>	<p>Complete each activity for 20 seconds and repeat x 3</p>

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