**Occupational Therapy Recommended Proprioceptive Activities**

**for Increasing Calm and Focus**

**Equipment Free**

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| Side jumps | Jump to the side for 6 jumps feet together and back again |
| Forward and Backward jumps | Jump forward for 6 and back again feet together |
| Split Jumps | Like with hopscotch, jump forward legs apart then legs together continue for 6 |
| Squat activities | Do a short activity while in a squat position, low to the ground e.g. drawing with chalk on the ground, playing with playdough |
| Tug of War | Holding each other’s hands, pull away from each other (make sure there is a soft landing!) can also be done using a rope |
| Wheelbarrow | Hold the child’s legs and move forward as if the child is a wheelbarrow |

**Needs Equipment**

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| **Equipment** | **Exercise** |
| Large gym ball | Sit on the ball and gently bounce adding in hand clapping above head, down low and to the side |
| Climbing Frame, playground equipment | Hanging (upright or upside down) |
| Climbing Frame, playground equipment, tree | Climbing |
| Ball | Standing back to back pass the ball to each other between legs, over head and to the side |
| Weighted ball | Throwing and catching |
| Anything heavy (e.g. bag filled with books) | Carrying, pulling, pushing |
| Trampoline | Bouncing |
| Soft toys | Hugging |