Modifications:

None

PA
Proprioceptive

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Kitty Stretch

Pre-K Proprioceptive Activity A

Kitty Stretch

Instructions:

- Begin by having the child lie on a rug in a side-lying, curled-up position, closing his eyes.
- Have him wake up slowly, opening his eyes slowly and stretching like a cat — first his legs, then his arms, then rolling over on his back — way out and all the way down to spreading his toes!

Performance Objectives:

- Awareness of joints and the motion available in those joints through stretching

Further Suggestions:

- Can also be done on carpeted floor or mats.
- Can be done as a classroom activity involving all children.
- Can be done for a cool-down activity.

Pre-K Approved



Level of Difficulty

Intensity Level

PA

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Modifications:

- weighted toys
- pushing/pulling heavy carts
- wall push-ups
- itug or war

PB
Proprioceptive

Pre-K Proprioceptive Activity B

Tub Train

Instructions:

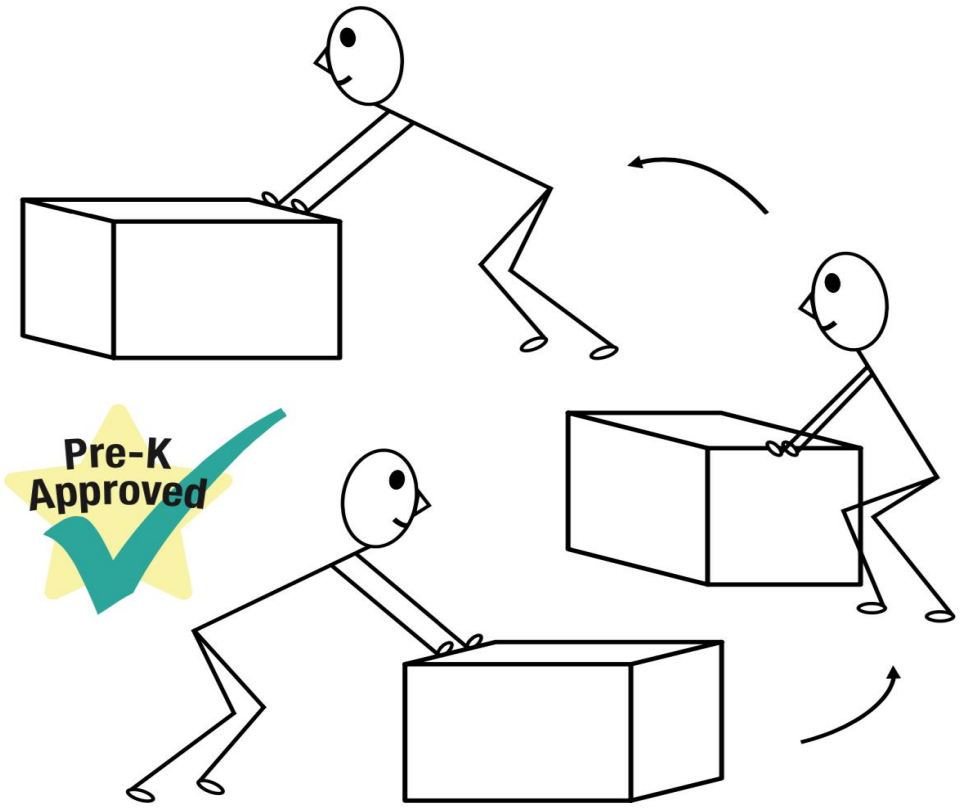
- Fill multiple plastic storage tubs (approximately 18"x18"x22" each) with 5-8 lbs. of beans, rice, or other safe weighted material.
- Have multiple children each push a tub across the floor, lining up into a train. Then have them push across the space again to line up the train in a different manner.

Performance Objectives:

- Stimulate the proprioceptive system and balance through "Heavy Work" of the upper and lower extremities

Further Suggestions:

- Can include sequencing and color identification by using different colored tubs.
- Can be done on carpet, tile, gym floor or in the hall.



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PB

Intensity Level

Level of Difficulty

Tub Train

Modifications:

- jump off of curb with assistance

Pre-K Proprioceptive Activity C

Jump Off!

Instructions:

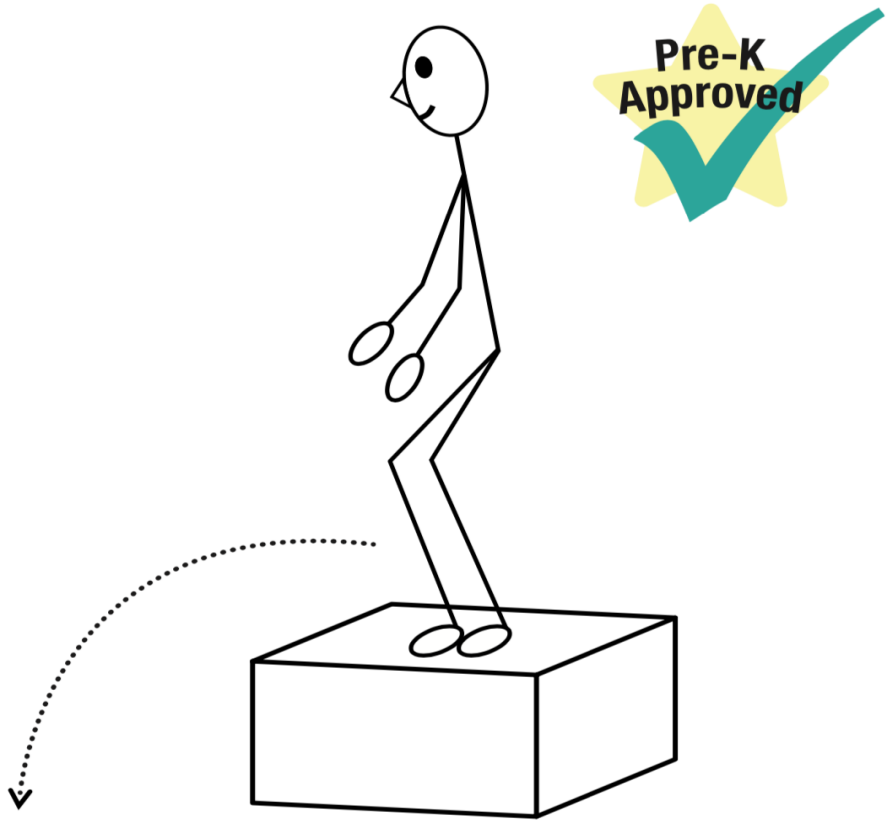
- Have the child climb up on a sturdy box and jump off!
- Any stable object, preferably at least 16"x16" wide, will work.

Performance Objectives:

- Increase proprioceptive input to the lower extremities through "Heavy Work" and balance

Further Suggestions:

- Start at a height of 10" and move to a height of 16" as the child matures.
- It may be necessary to help the child climb up onto the box.
- Work towards having the child jump off independently and landing on a square marked out by tape on the floor.



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Modifications:

- can jump up and down on floor if a trampoline is not available

Proprioceptive Activity 1

Mini Trampoline

Instructions:

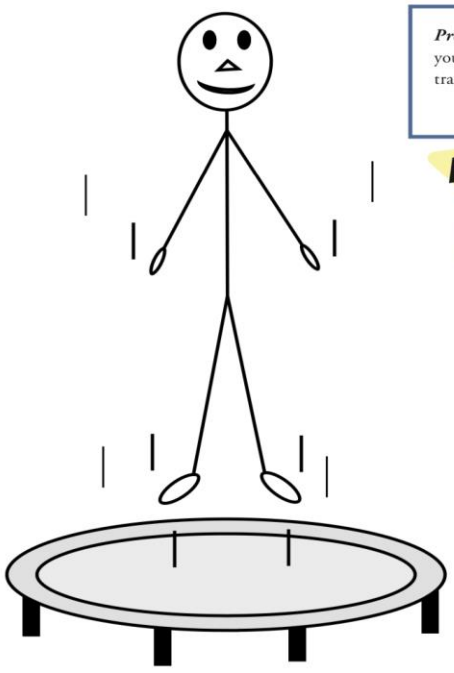
- Have the child complete 20 controlled jumps on the trampoline.
- OR have him jump until he is finished reading a prescribed list (for elementary age and above, see Further Suggestions).

Performance Objectives:

- Stimulate internal joint proprioception from "Heavy Work" of bouncing
- Develop flexion-extension control of lower extremities
- Stimulate linear vestibular responses

Further Suggestions:

- With letter, numbers, or words posted on the wall, have the child read while jumping. For example, skip-counting to assist in memorizing multiplication may be posted vertically and read from the bottom up. Letters and words may also be posted vertically or horizontally.
- If the child is proficient on the mini-trampoline, he may also follow the letters R, L, and B posted with or without pattern on the wall. He must "read" and then jump with the (R)ight foot, (L)eft foot, or (B)oth feet.



Pre-K adjustment: The young child may need a trampoline with handles.

Pre-K Approved

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P1
Proprioceptive

197

Mini Trampoline

Level of Difficulty

Intensity Level

P1

Modifications:

- use a bouncing ball with a handle as in the Pre-K adjustment
- use a large ball with the child seated, holding them or their hands for stability

P6
Proprioceptive

202

Proprioceptive Activity 6

Bungee Bouncer

Instructions:

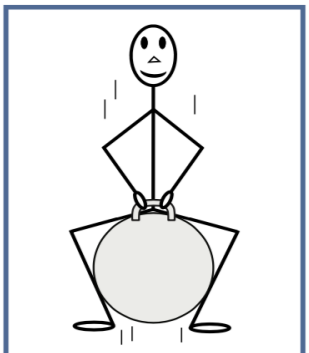
- Have the child hold the handle of the bungee bouncer with both hands and step onto it with control.
- Have him jump the designated path, or within the designated area.

Performance Objectives:

- Stimulate internal joint proprioception from "Heavy Work" of jumping
- Develop flexion-extension control of lower extremities
- Stimulate linear vestibular responses
- Integrate coordination of upper extremity pressure and control with lower extremity pressure and control

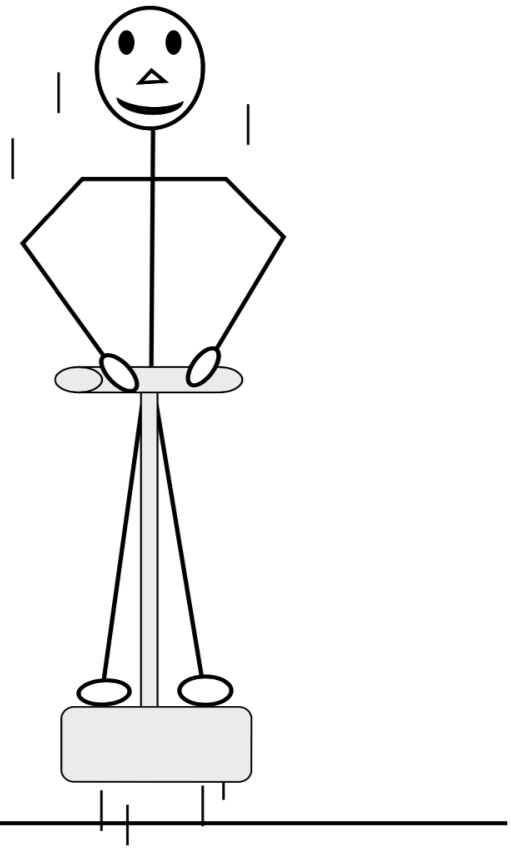
Further Suggestions:

- May be done to music with a strong beat to encourage rhythm.



Pre-K adjustment:
Use a bouncing ball with a handle for the young child to sit on and bounce. Once they are proficient in controlling the ball, then designated paths can be given.

Pre-K Approved



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