Modifications:

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

PB
Proprioceptive

Pre-K Proprioceptive Activity B

Tub Train

Instructions:

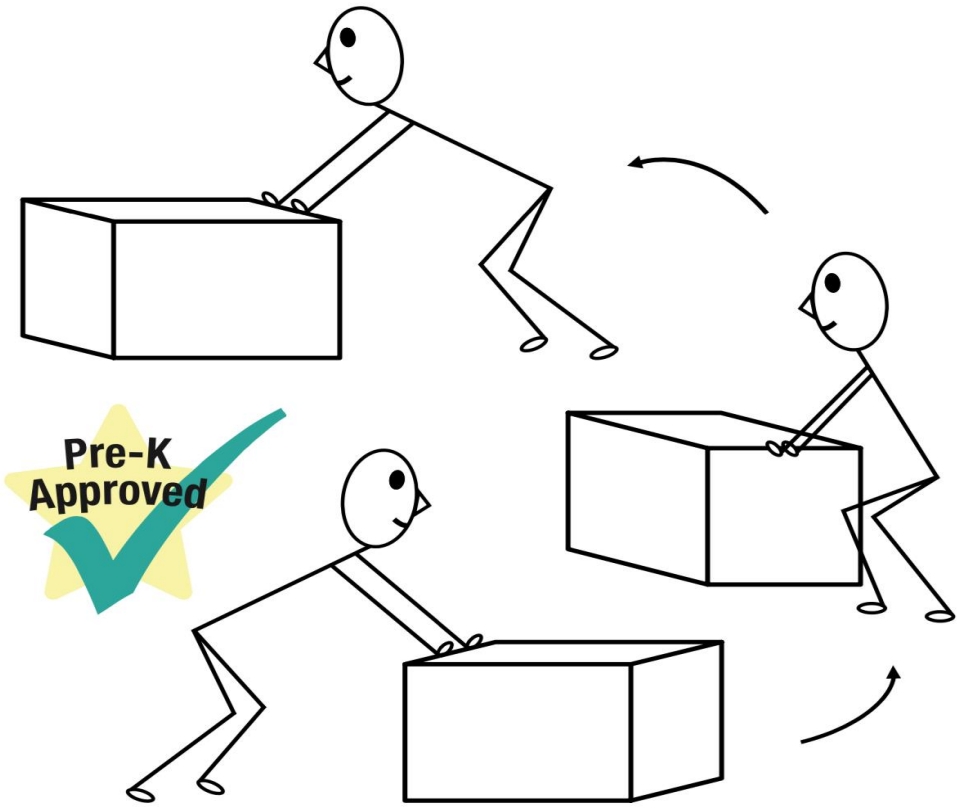
- Fill multiple plastic storage tubs (approximately 18"x18"x22" each) with 5-8 lbs. of beans, rice, or other safe weighted material.
- Have multiple children each push a tub across the floor, lining up into a train. Then have them push across the space again to line up the train in a different manner.

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