



Understanding Proprioception

Learning about the sensory system that helps our bodies feel grounded, organised, and aware of movement.



WHAT IS PROPRIOCEPTION? ♥

Proprioception is the body's sense of movement, pressure, position, and coordination.

It helps us understand where our body is in space, how it is moving, and how much force or pressure we are using.

It plays an important role in regulation, focus, balance, body awareness, and feeling safe and secure.



PROPRIOCEPTION HELPS US...

- ♥ feel our body in space
- ♥ coordinate movement
- ♥ know how much pressure or force to use
- ♥ stay balanced and upright
- ♥ feel organised and regulated
- ♥ do everyday tasks more easily



Sometimes our bodies look for movement, pressure, or physical input to help us feel calmer, more focused, or more regulated.

These needs are valid. ♥

WHY IT MATTERS

When our proprioceptive needs are supported, we may feel:

- ♥ more calm and grounded
- ♥ more focused
- ♥ more confident
- ♥ more in control
- ♥ more connected to our body
- ♥ more able to cope with the world around us



IT CAN HELP WITH...

Proprioceptive input can support with things like:

- ♥ regulation and emotions
- ♥ attention and focus
- ♥ movement and coordination
- ♥ body awareness
- ♥ sleep and rest
- ♥ stress and overwhelm



REMEMBER

There is no right or wrong way to seek proprioceptive input.

What helps one person might be different for another.



The goal is to help our bodies feel safe, supported, and understood.



Your body is always communicating with you. Listening with kindness is the first step to understanding. ♥

My body knows what helps me feel grounded.

Things That Help My Body Feel Grounded

Proprioceptive input helps our bodies feel organised, calm, and connected. Here are some ways our bodies might look for movement, pressure, or deep input.

SIGNS MY BODY MIGHT NEED MORE PROPRIOCEPTIVE INPUT

- ♥ I feel restless or fidgety
- ♥ I need to move or stretch a lot
- ♥ I feel unsettled or overwhelmed
- ♥ I have a hard time focusing
- ♥ I feel anxious or on edge
- ♥ I seek deep pressure or strong movement
- ♥ I crash or feel tired after busy times
- ♥ I need to push, pull, lift, jump, or climb



These are not 'bad behaviours'. They are signs my body is trying to regulate.

TYPES OF PROPRIOCEPTIVE INPUT THAT CAN HELP



Deep pressure (weighted blankets, hugs, heavy clothing)



Heavy work (carrying, pushing, pulling, lifting, chores)



Movement (stretching, yoga, dancing, jumping, climbing)



Resistance (pushing against walls, using resistance bands)



Squeeze & compression (cushions, tight wraps, body socks)



Grounding activities (walking, nature, outdoor time)

IDEAS TO EXPLORE

Everyone's body is different. You might like some of these ideas:



♥ Squeeze a cushion or a soft toy



♥ Push or pull something heavy



♥ Stretch my body in different ways



♥ Carry or lift something heavy



♥ Rock, sway or use movement that feels calming



♥ Take movement breaks throughout the day

WHAT HELPS ME MOST

It's okay if your needs change from day to day. Notice what helps your body feel good and safe. You deserve support that works for you.

♥ _____

♥ _____

♥ _____

♥ _____

Your body is always communicating with you. Movement, pressure, and deep input can help you feel safe, steady, and supported.

Movement, pressure, and deep input help our bodies feel safe.

Gentle Proprioceptive Ideas

to Support My Body and Mind

These ideas can help our bodies feel more organised, grounded, and regulated. You can try what works for you and leave what doesn't. There is no right or wrong way.

IDEAS TO EXPLORE

WALL PUSHES



Stand facing a wall and gently push with your hands. Great for calming and building strength.



ANIMAL WALKS



Try bear walks, crab walks, or frog jumps. They can be fun and help wake up your body.



STRETCH & YOGA



Gentle stretching or yoga can help release tension and support body awareness.



CARRY & LIFT



Carry something heavy like a backpack, books, groceries, or laundry. It can feel very grounding.



PUSH & PULL



Pushing or pulling objects like a trolley, laundry basket, or door can give your body the input it might be looking for.



CLIMB & PLAY



Climbing, playground equipment, or safe challenges can help your body feel strong and capable.



DEEP PRESSURE



Weighted blankets, tight hugs, or firm cushions can provide comfort and calm.



JUMP & BOUNCE



Jumping on a trampoline or bouncing gently can help release energy and support regulation.



MOVEMENT BREAKS



Short movement breaks throughout the day can help reset your body and mind.



NATURE & OUTDOORS



Walking, hiking, or being outdoors in nature can help the body feel calm and connected.



These are not 'bad behaviours'. They are signs our body is trying to regulate. Movement, pressure, and deep input are valid needs.

YOU KNOW YOUR BODY BEST

Everyone's body is different. What works for one person may not work for another. It's okay to explore and notice what helps you feel grounded, calm, and supported.

- You are allowed to:
- try different things
 - change your mind
 - take breaks
 - listen to your body
 - do what feels right for you



MY NOTES & IDEAS



Movement ideas I enjoy: _____



Supports I would like to try: _____



Things that help me feel grounded: _____



Reminders for myself: _____

Your body is always communicating with you.

You are allowed to listen, respond, and meet your needs.