

**Classroom Ideas to Increase Proprioceptive Input  
(input to muscles and joints)  
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1. Analyze jobs and direct child to those that can provide heavy work or resistance to child:
  - Wiping off board
  - Washing tables
  - Moving furniture
  - Carrying heavy objects in room (books, heavy toys, baskets or buckets filled, etc)
  - Use sweeper on floor
  
2. Provide heavy touch pressure:
  - Drape large beanbags or something heavy over child's lap while in circle
  - Massage
  - Lot of deep pressure hugging
  - Localized deep pressure on shoulders, legs, hips
  - Weighted backpack or vest in class
  
3. If there is space – have a small trampoline in room
4. “Jump” child between activities
5. Bounce on therapy ball or small ball
6. Have a quiet corner with heavy pillows, blankets, bean bag chairs that a child can place on top of self
7. Increase opportunities in class for resistive activities:
  - Provide sand paper, playdough, clay for cutting
  - Erasing chalkboard/dry erase boards
  - Clay/Playdough play
  - Sand play for digging, raking, etc. Wet the sand for more resistance
  - Hammering
  - Pushing constructive toys together
  - Geoboards with rubberbands
  - Fidget toys that you squeeze with some resistance