



Movement Matters – Proprioceptive and Vestibular Regulation Strategies

29-01-2025 5:30 pm

ONLINE EVENT

1. Social Skills through Movement

Team Challenges: Movement activities like team challenges encourage communication, cooperation, and resilience. When children face physical challenges, they develop persistence, learn to work through difficulties, and practice strategies for collaboration in a supportive environment.

2. Physical Readiness for Learning

Matching Movement to the Child: Tailor movement strategies to individual needs:

Sluggish children may benefit from faster-paced activities to increase alertness and readiness for learning.

Energetic children might require heavier, resistance-based activities to regulate energy and improve focus for sitting and concentrating.

3. Proprioceptive Regulation

Heavy Resistance Activities: Incorporating activities like carrying multiple books, wheelbarrow walks, and water presses provides proprioceptive input, helping children self-regulate and feel grounded. Everyday tasks like loading and unloading the washing machine can also serve as subtle resistance training.

Animal Walks and Movement: Animal-based movements (e.g., bear crawls, crab walks) and trampoline exercises provide proprioceptive benefits. Resistance bands can also be used for stretching or strengthening exercises to engage the proprioceptive system.

Body Positioning: Certain body positions like stretching (Downward Dog) or engaging in obstacle courses provide proprioceptive input. Obstacle courses, in particular, offer full-body movements that help with strength, coordination, and endurance.

4. Classroom Tasks for Regulation



Pre-Regulation Tasks: Tasks like rolling out a rug or other physical tasks can help children feel regulated and grounded before they engage in more focused, seated activities.

Physical Task Integration: Encouraging children to participate in physical tasks (such as setting up classroom materials) can offer proprioceptive input, serving as a calming prelude to desk work or seated activities.

5. Flexible Seating and Balance Tools

Seating Adjustments: Tools like rocking chairs, balance boards, and busy bottom cushions provide flexibility in seating and allow children to shift body positions for better focus and comfort. High kneeling or standing at desks can also aid in body regulation.

6. Movement Development

Movement Stages: Focus on promoting developmentally appropriate movement, such as crawling and pulling to stand, before advancing to standing or balance activities. Children with coordination difficulties can benefit from staying closer to the ground to build strength and balance.

7. Fidget Toys and Oral Regulation

Fidget Tools: Items like sensory toys, toppers for pencils, and fidget pens can help children seek tactile input for self-regulation. Oral regulation, such as chewing on chewable items (e.g., pencil toppers), can be particularly helpful for improving focus. Chewing gum should be avoided in these activities.

8. Outdoor Learning and Gardening

Outdoor Activities: Activities like gardening and other outdoor learning experiences provide natural, hands-on opportunities for proprioceptive input. These activities allow children to engage with the environment in meaningful ways that also support sensory and motor development.