

# PROPRIOCEPTION

- WHAT IT IS
- WHAT IT ISN'T
- HOW IT HELPS
- & THE ACTIVITIES YOU CAN ADD TO ENRICH YOUR CHILD'S SENSORY DIET

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# WHAT IS PROPRIOCEPTION?

**The awareness of one's self  
and the perception of space, body position,  
and location of the body in space.**

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**Why is this  
important?**

FINGERPLAY >>  
proprioceptive activity



**PROPRIOCEPTION ASSISTS BODIES ADJUSTMENT TO  
SITUATIONS SUCH AS WRITING , STANDING , SITTING AND  
CRAWLING BY USING INPUT GATHERED FROM THE OTHER  
SENSES.**

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**Why do I need to know this if I don't  
Work in Childcare?**

**IF WE ARE AWARE OF THE INPUT OUR  
CHILD'S BODY REQUIRES, WE MAY BE  
ABLE TO:**

- 1. RECEIVE EARLY INTERVENTION**
- 2. AVOID MISLABELING A PROCESSING ISSUE WITH  
MISBEHAVIOR**
- 3. AVOID MISDIAGNOSING THEM AS HYPERACTIVE/ADHD**

**WHEN THE CHILD'S BEHAVIOR COMMUNICATES THAT THEY  
MAY BE STRUGGLING WITH SENSORY SENSITIVITIES**

# PROPRIOCEPTION SENSITIVITIES

Consult with an Occupational Therapist if you're concerned about sensitivities your child may have.

## PROPRIOCEPTIVE RESISTENT (HYPERSENSITIVITY)

- AVOIDS TOUCHING CERTAIN TEXTURES
- FINICKY EATER/TEXTURE ADVERSE
- DISTRESSED WHEN HAVING HAIR DONE
- SEEMINGLY FEARFUL OF CLOSE PROXIMITY TO OTHERS

## PROPRIOCEPTIVE SEEKING (HYPOSENSITIVITY)

- EXCESSIVE ROUGH & TUMBLE PLAY
- BITING
- CRASHING INTO THINGS
- STANDS TOO CLOSE/TOUCHING W/OUT CONSENT
- ENJOYS JUMPING FROM

# HOW DOES SENSORY HYPERSENSITIVITY DIFFER FROM HYPERACTIVITY/ADHD?

**ADHD-  
NEUROLOGICAL;  
ENVIRONMENT  
DOES NOT IMPACT  
OUTCOME**

**SENSORY SEEKING/SPD-  
IMPACTS HOW SENSORY  
INPUT IS PROCESSED. SOME  
CHILDREN ARE OVER  
RESPONSIVE WHILE OTHERS  
UNDER RESPONSIVE &  
RESPONSES CHANGE BASED  
ON THE SENSITIVITY:  
ENVIRONMENT MATTERS**

A woman with dark hair is shown from the side, hugging a young child. They are positioned in the lower-left quadrant of the image. The background is a solid, vibrant blue. Scattered around the woman and child are numerous colorful LEGO bricks in various shapes and sizes, including yellow, green, blue, pink, and purple. The bricks are arranged in a circular pattern around the central text and the woman-child pair.

# PROPRIOCEPTION INPUT ACTIVITIES

## 1.A TIGHT SQUEEZE /HUG

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# PROPRIOCEPTION INPUT ACTIVITIES



## 2. BLOWING BUBBLES





# PROPRIOCEPTION INPUT ACTIVITIES



**3.DANCING**

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# PROPRIOCEPTION INPUT ACTIVITIES



**4. STRETCHING/YOGA**

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