

Proprioception

This sense tells your brain where your body is in space. For example, not needing to look at your hand and mouth when eating cereal.

- Emptying the washing machine
- Carrying the laundry
- Making puddles to splash in
- Playing catch
- Gym balls – bouncing, rolling on your front, pushing the ball against the wall.
- Dancing (Just Dance videos, music)
- Yoga (Cosmic kids yoga videos on Youtube)
- Keeping a balloon in the air

Fine Motor Skills

Both vestibular and proprioception input is needed in order to complete fine motor skill tasks, such as balancing whilst seated (vestibular) and knowing where your body is (proprioception). For example dressing.

- Junk modelling
- Pairing socks
- Sticker art work (turn into a game to put stickers on each other)
- Pegging (turn into a game to peg each other)

Vestibular

This sense tells your brain if there is your head is changing position, direction or moving.

- Leg raises whilst sitting down
- Standing on one leg
- Hopping
- Keeping a balloon in the air

Animals walks:

Crab walk



Donkey walk (crawl on all fours whilst balancing something on your back, such as a pillow or cushion)



Wheelbarrow walk



Sensory:

- Using a large fan to blow into a duvet sheet, to allow your child to crawl or hide in.



- Making dens (tables, chairs, blankets)



Outdoor activities:

- Watering plants
- Football
- Sports in your garden
- Weeding
- Pushing the dustbins
- Making dens in the woods