

### Proprioception

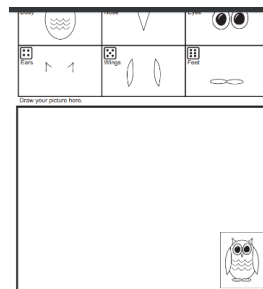
This sense tells your brain where your body is in space. For example, not needing to look at your hand and mouth when eating cereal.

- Mopping the floor
- Making the bed / putting pillow cases on or off
- Bowling (Use empty bottles. Use different sized balls, vary distance from the pins or weigh some bottles for extra difficulty)
- Make an obstacle course (eg: cushions to jump from one to another, crawl through a tunnel or under a blanket, walk along tape or chalk line on the floor.)

### Fine Motor Skills

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

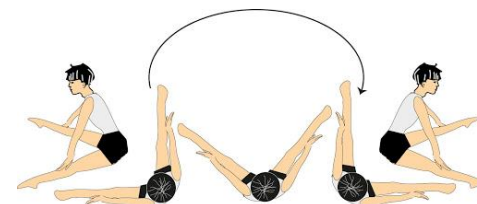
- Lego / k'nex or other construction kits
- Kinetic sand
- Cutting skills (using scissors, cutters for playdough)
- Dice roll drawing game (see owl example – other examples on Google or create your own)



### Vestibular

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

- Trampoline
- Skipping
- Riding a bike
- Stretching (particularly head and neck)
- Teddy bear rolls



### Sensory:

- Blow painting. Use watercolour paint and straws to blow (See frozen image as idea)
- Hot chocolate powder play dough recipe (Eg: make hedgehogs. Add pasta/spaghetti for the spines.)
- Make your own sensory bottle (fill with different things, such as water beads, rice, pasta, lentils, oil, sequins, glitter and water.)



### Outdoor activities:

- Chalk drawing on the floor / fence
- Draw a hopscotch
- Digging in mud / create own vegetable patch
- Bike ride
- Flying a kite
- Sweeping the patio