

Proprioceptive Exercises

Quick mini exercises for students and parents/caregivers to support regulation.

Engaging Proprioception for Regulation

Proprioception helps you sense where your body begins and ends in space. Proprioception can be both up and down regulating and can improve sensory processing, supporting the cortical brain to come online to be in a state more ready for learning. These exercises are invitational only, do what feels right for your body.

Pushing and Pressing Exercises

Stand close to a wall and press your hands into it. As you do so keep a soft bend in your knees and press your feet into the floor.



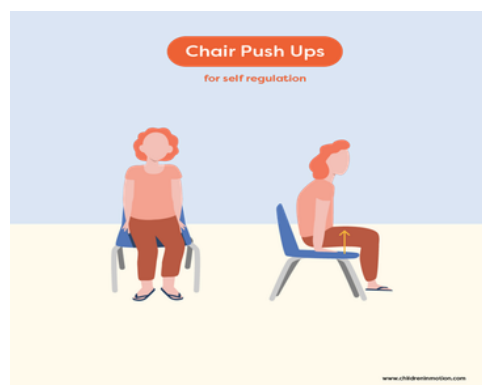
Exercise 2

Seated: Press your hands downwards with firm pressure onto the tops of your legs. Try massaging the back of your calves on your lower legs moving downward towards your heels.

Exercise 3

Seat push ups

From your seat, engage your arm muscles by lifting some of your body weight up with your arms.





Exercise 4

Pushing hands together: This is simple and can go quite unnoticed at any time.

Exercise 5

From a seated position:

Pushing into feet: leaning forward and bringing weight down and into the legs and lifting off the chair, not standing all the way (it can look a bit like skiing).

Exercise 6

From a sitting position, pushing legs outwards to the sides whilst using arms to provide resistance by placing their hands on the outside of their knees.



Dancing

Dancing brings rhythm to the body and rhythm is very regulating.

Walking

Walking alone or together with peers/family.

Jogging

Jogging is a good rhythmic regulating activity.

Drawing and Colouring

These are also good alternatives for more rhythmic engagement.

Tapping the Body

Rhythmically tapping the body can up or down regulate.

Chewing to Regulate

Rhythmic chewing can help to regulate. Crunchy foods, in particular, have been known to produce a stimulating reaction that enhances attention and alertness. Crunching on carrots, crackers, eating a chewy bagel.

References

These exercises are adapted from various sources, including the work of Dr Arielle Schwartz and Bruce Perry.