

PROPRIOCEPTIVE

Activities

No Equipment

March
Wrestle
Arm Wrestle
Bear Hugs
Joint Compressions
Push Against A Wall
Hand Presses
Push-Ups
Jump
Crawl
Animal Walks
Sit On Your Child
(Yes, I'm Serious)

Common Household Items

Pillow Fight
Pull Something Heavy Around
On A Blanket
Swim
Climb
Swing
Play Dough

Special Equipment

Trampoline
Crash Pad
Climbing Dome
Theraputty
Cozy Canoe
Scooter Board
Weighted Compression Vest
Weighted Stuffed Animal