



PROPRIOCEPTION

Heavy Work Activities

Babies

- Tummy time
- Massage
- Baby Wearing
- Crawling
- Hugs
- Nursing/ Pacifier/
Bottle

Children

- Carrying a heavy
backpack
- Animal Walks
- Climbing up a slide
- Crunchy snacks
- Drinking from a straw

Toddlers

- Jumping/ Crashing/
Stomping
- Biking/ Scootering
- Crawling
- Obstacle Course
- Pushing/ Pulling heavy
items in a laundry
basket
- Swimming/ Water
play

Teens & Adults

- Working out / Lifting
weights
- Chewing gum
- Deep Breathing
- Chair/ Wall push ups
- Massage
- Hug
- Lean against the wall
- Yoga