

PROPRIOCEPTION

The proprioceptive system (kinesthesia) is the sense that perceives location, movement, and action within our bodies. It is a complex sense, including perception of joint position and movement, muscle force and effort. It is responsible for helping our bodies move effectively and regulate responses to other sensory stimuli.

Proprioceptive input can be calming when our sensory systems are overwhelmed, and can be alerting when are sensory systems are sluggish.

Signs of under responsive proprioceptive system:

- Uses extreme force when moving (stomps).
- Has poor body awareness.
- Bumps into things when moving.
- Poor personal space awareness (often too close).
- Prefers tight clothing (pressure).
- Often chews fingers, clothing, pencils, etc.

Signs of over responsive proprioceptive system:

- Often seems lethargic or lazy.
- Avoids activities such as running, jumping, and climbing.
- Feels uncoordinated.
- Avoids touch by others.
- Has difficulty using stairs.
- Can be a selective eater (texture).
- Prefers to be still (sitting).

Activities that support proprioceptive development:

- Jumping (trampoline)
- Push ups
- Animal walks
- Jumping jacks
- Bear hugs (tight)

- Yoga
- Stretches
- Playdough/kneading
- Carrying heavy boxes
- Pushing/pulling (wagons, etc.)

