

Seeking Activities Menu

****Whole body actions involving pushing, pulling, lifting, playing, and moving**

****Oral actions such as chewing, sucking, and blowing**

****Use of hands for squeezing, pinching, or “fidgeting”**

If a child is seeking out excessive proprioceptive input, they are looking for a way to calm and organize their nervous system. They may seem disruptive, full of excessive energy, or even unsafe. These are the crashers, jumpers, movers & chewers/biters.

It is also important to note **which activities calm your child, arouse them, or over arouse them**. This is very unique to each individual and must be observed and treated as such! Choose activities THEY are interested in and that IMPROVE their state of arousal, so they are able to focus learn and regulate their behaviour.

Oral (mouth) calming activity list: (Also write in any extra activities YOU find that help):

Chewy foods such as dried fruit, gummi bears/worms etc, licorice, bagels, granola bars, gum, raisins, pretzels, popcorn. **Resistive sucking using items such as** through thin curly straws/sports bottle with long straw, lollipops, ice lollies/popsicles drink milkshake with a straw, hard candies, peanut butter. **Blowing activities, such as** wind instruments, bubbles, balloons, whistles, harmonicas, blower party favour's; make splatter paintings (use thin paint on paper... blow air through a straw and watch the paint move, electric toothbrush to brush teeth, tongue and gums before school).

Feet: If a child is a 'chair leg kicker'- try to tie a piece of therapy (stretchy) band across front 2 legs of chair so he/she can kick quietly.

Hands: Quiet fidgets- blutack, velcro stuck to underside of chair and desk, massage balls, stress balls, laundry balls, plastacine, tangles, rubber snakes (if child is not a chewer), small dinosaurs, spray bottles

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Whole Body Cont'd Therapy (stretchy rubber) exercise band exercises (Heavy Work)

- Pulling/pushing a wash basket full of books up and down the corridor
- Painting outside walls with water (large paint brush)
- Chunky outside chalk Scooter board activities
- Wall push ups/sitting chair push ups
- Crash landing onto an oversized beanbag
- Pounding run x 5 mins around school/home
- Weighted vest/lap buddy/weights on wrists/ankle weights (with caution)
- Squish box/body sock
- Hand-body deep massage/deep therapy
- Ball roll on back
- Wall push ups
- Planks
- Seated squats (Back against the wall)