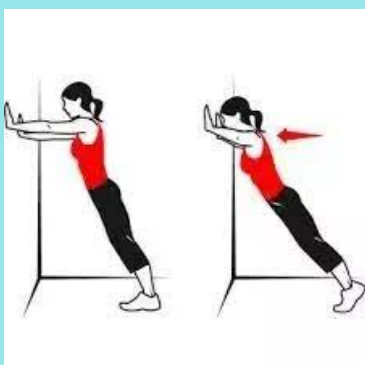


# PROPRIOCEPTIVE (HEAVY WORK) INPUT

## Wall push ups



### Engagement ideas:

- Place hands on wall and model to student completing a very slow push up to the wall and back to standing

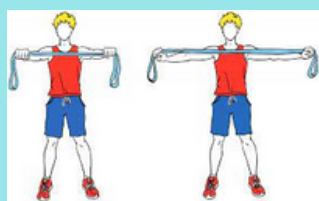
## Deep pressure



### Engagement ideas:

- Rolling therapy ball over student
- Roll student inside blanket
- Squeeze through compression machine
- Tight hug
- Weighted vest, weighted blanket

## Theraband



### Engagement ideas:

- Theraband sit ups
- Tug of war
- Theraband stretch and pull
- Theraband kicks

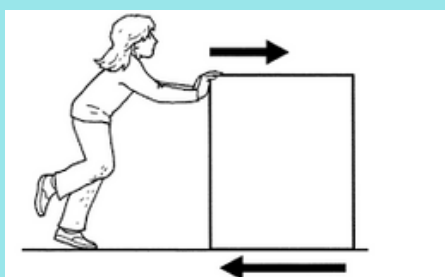
## Wheelbarrow walks



### Engagement ideas:

- Request students to place hands on the floor, hold students feet and request them to walk on their hands. If student has poor core strength hold closer to hips for increased stability.

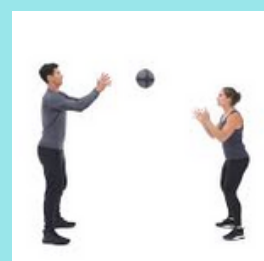
## Push and pull



### Engagement ideas:

- Push/Pull gross motor equipment across floor
- Push/Pull heavy box across floor
- Carry a stack of books to another location
- Push wall (pretending to push wall over)

## Throw, catch, jump, crash



### Engagement ideas:

- Throw and catch or roll weighted item/ball
- Jump on trampoline and crash onto crash mat