

# Outdoor Winter Heavy Work Activities

LET'S MAKE PROPRIOCEPTION FUN!

Created by: Lauren Grimard, OT, MOT, OTR



Wait, what is proprioceptive input?

Proprioception is the sensory information from the joints and the muscles that tells our brains where our body is in space.



Proprioceptive input can be safely achieved through resistive activities that provide "heavy work"



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Try out these outdoor winter activities to provide proprioceptive input for our bodies



 **Build a snow fort maze**

 **Shovel the snow**

 **Bury your legs in the snow**

 **Pull someone in a sled**

 **Take a nature snow walk**

 **Build a snowman**

 **Carry a bucket of snow**

 **Make snow angels**

 **Build a snow pile and then jump in**

