

# P.R.O.P.S

## Sensory Solutions for Feeling Good

Pressure

Oral Motor

Rhythm

Proprioception

### My Sensory Solutions

#### Pressure

Deep pressure touch refers to firm tactile (touch) input and pressure to the skin which provides organizing information to the whole body. This input can help calm the nervous system and override uncomfortable touch sensations.

- Hugs, snuggling, swaddling
- Lying under pillows or heavy blankets
- Massage
- Joint compressions
- Blanket wrap-up
- Spandex or Under Armour clothing
- Warm bath (Epsom salts, lavender)
- Bull dozer games (pressure with a ball)
- Squeezy toys/stress balls

#### Rhythm

Rhythm plays an important role in regulation starting in utero. Adding rhythm into our children's routine can support attention, regulation, and executive functioning skills.

- **Rhythm Through Structure:**
  - Predictable Routines
- **Rhythmic Movement:**
  - Slow rocking in a chair or on your lap
  - Jumping or marching and counting
  - Skipping, galloping, hopping
- **Auditory (Sound) Rhythm:**
  - Music on a low volume (60 beats per min)
  - Nursery rhymes/songs and actions
  - Singing and rocking/clapping
  - Reading a book (Chick-A-Boom or other books)
  - Drumming

#### Oral Motor

Through oral motor activities our children can provide increased proprioceptive inputs to their mouth and body as a way to help stay focused and calm.

- **Sucking & Licking Activities:**
  - Drinking through a straw/water bottle
- **Chewing Activities:**
  - Chewy and crunchy snacks
  - Chewing gum or chewlery
- **Blowing Activities:**
  - Whistles
  - Blowing bubbles
- **Oral Motor Games:**
  - Bubble mountain
  - Straw soccer
  - Breathe in - Breathe out games
  - Silly Faces: animal sounds
- **Electric toothbrush & vibrating toys**

#### Proprioception

Our proprioceptive receptors are located in our muscles and joints and provides awareness of our body position in space. Many children will seek out proprioceptive inputs - also known as 'heavy work' because it is calming, organizing and provides a sense of body awareness.

- **Resistance Activities:**
  - Carrying/pushing weighted objects
  - Wearing a backpack
  - Cleaning activities
- **Weight Bearing Activities:**
  - Animal walks, crawling
  - Wall or chair push-ups
- **Resistive Hand Activities:**
  - Putty and LEGO
  - Squeezing stress ball, popper toys
- **Movement Activities:**
  - Climbing, jumping, hanging activities
  - Yoga, karate, stretching, swimming
  - Hiking, biking



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