Outdoor Proprioceptive Activities

Proprioceptive activities are “heavy work” or “deep pressure” activities on joints and muscles. These activities can be calming for individuals who are overwhelmed by sensory input from the environment, or they can be alerting for individuals who need increased sensory input to increase attention and engagement. Here are some seasonal proprioceptive activities you can do in the Children’s Garden!

- Hugging a tree
- Crawling through tunnels
- Animals walks & wheelbarrow walks
- Balancing on logs
- Jumping in puddles
- Carrying rocks
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- Rolling snow to make a big snowball
- Rolling in the snow
- Making a snow fort
- Hugging a tree
- Making a snow angel
- Going down slides
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- Raking/making piles of leaves
- Jumping into a pile of leaves
- Crawling through tunnels
- Hugging a tree
- Balancing on logs
- Carrying rocks