

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