

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

