

The Benefit of Regulating Proprioceptive Movement for Sustained Attention and Regulation

Our proprioceptive system helps our body recognize where it is in space through our skin, joints, and muscles. This system plays a large role in self regulation, coordination, posture, body awareness, the ability to focus, and speech.

Activities that involve moving, especially with our hands or feet on the ground, promote regulation and attention/focus. Incorporating proprioceptive movement for 10-15 minutes throughout the day (3-5x per day) or before seated activities can promote sustained attention and focus on tasks.



Simple movement ideas:

- Animal walks
 - Frog jumps
 - Bear walk
 - Crab walk
 - Bunny hops
 - Gorilla walk
 - Kangaroo jumps
- Jumping jacks / jump rope / jumping on trampoline
- Wall push ups or floor pushups
- Pushing or pulling items inside of a laundry basket or backpack (ball, blankets, books)
- Yoga poses
- Stretches
- Running
- Wheelbarrow walks
- Planks / army crawls
- Playing on playground equipment
- Housework and chores
 - Vacuuming, sweeping, carrying groceries inside, etc.

Information retrieved from:

<https://www.highhopesdubai.com/the-sensory-processing-of-everyday-life/>

<https://momentousinstitute.org/blog/making-sense-of-sensory-processing>

<https://chicagooccupationaltherapy.com/ot-resources/gross-motor-exercise-worksheets/>

<https://occupationaltherapy.com.au/proprioception/>