30 Best Proprioceptive Activities

Heavy-work ideas to support body awareness, regulation, posture, and motor planning

Crawling & Locomotion

Builds body awareness, core strength, and motor planning.

1. **Animal Walks** — bear, crab, frog, or inchworm walks

2. **Wheelbarrow Walks** — walking on hands with leg support

3. **Bear Crawl Races** — whole-body heavy work

4. **Crab Walk** — shoulder and core activation

5. **Wall Push-Ups** — easy pushing activity

6. **Chair Push-Ups** — lift body using arm strength


Push & Pull

Develops upper-body strength, stability, and bilateral coordination.

7. **Tug of War** — strong pulling input

8. **Resistance Band Pulls** — graded resistance work

9. **Therapy Putty Squeezing** — hand and finger heavy work

10. **Playdough Kneading** — press, roll, and squeeze


Carry & Lift

Supports strength, endurance, and functional daily skills.

11. **Carrying Groceries** — weighted carrying at home

12. **Carrying Books or Toys** — functional lifting and carrying

13. **Pushing Laundry Basket** — great home heavy work

14. **Pulling a Weighted Box** — rpes, or towel pulling game

15. **Helping Move Furniture** — supervised pushing work


Jump & Climb

Provides strong joint input and builds overall body strength and coordination.

16. **Trampoline Jumps** — strong joint input

17. **Jumping Jacks** — quick whole-body activation

18. **Pillow Crashes** — safe crashing into soft pillows

19. **Obstacle Course Crawling** — climb, crawl, push, and pull

20. **Scooter Board Pulls** — prone pulling with arms

21. **Climbing Stairs** — up and down with control

22. **Climbing Playground Equipment** — ladders, ropes, and bars

23. **Monkey Bars Support** — hanging and upper-body work

24. **Tunnel Crawling** — resistance through space


Deep Pressure & Oral Proprioception

Supports regulation, calming, and body awareness.

25. **Weighted Ball Toss** — throw, catch, and carry

26. **Gym Ball Rolling** — push body over therapy ball

27. **Pillow Sandwich Squeezes** — deep pressure between cushions

28. **Blanket Burrito** — rolling for deep pressure input

29. **Chewy Foods** — crunchy or chewy oral proprioception

30. **Drinking Thick Liquids Through Straw** — oral-motor heavy work


Choose activities based on the child's needs, safety, and supervision level.