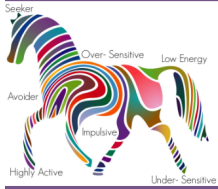


# Proprioception Cheat Sheet



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## Proprioceptive Avoiding Behaviors

- \* Appears Lazy or Lethargic
- \* Avoids Active Activities (Running, Jumping, Climbing)
- \* Can Be a Picky Eater
- \* Prefers to sit still
- \* Avoids touch from others
- \* Seems Uncoordinated
- \* Needs to Look to do Familiar Activities
- \* Difficult Using Stairs

## Proprioceptive Seeking Behaviors

- \* Runs Into Objects, Walls, or People
- \* Uses Extreme Force
- \* Stomps, Walks Loudly
- \* Poor Body Awareness
- \* Kicks, Bites, and Hits
- \* Poor Personal Space
- \* Prefers Tight Clothing
- \* Chews Clothing, Pencils, Fingers

## Proprioceptive Activities

- \* Bear Hugs
- \* Massages
- \* Animal Walks
- \* Carrying/Lifting Boxes
- \* Trampoline
- \* Wall Pushups
- \* Yoga Stretches
- \* Playdough Kneading