

## Touching and perceiving Proprioception



### Activity: Carrying heavier materials

#### Set-up of the activity

Sometimes, clients have the need to carry large or heavy materials. They might spontaneously start dragging a crate. You can stimulate this by asking for help with hauling or carrying the groceries.

0-2

- Let the client explore, encircle and lift large materials.
- If possible, make sure the object has a handle so it is easier to grab.

2-4

- Let the client move and/or stack large objects, such as his chair or heavy blocks.
- Use full and less full grocery bags.

4-6

- Let the client push a weighted buggy or a wheelchair.
- Let the client help in the gym with carrying mats and benches.

### Points for observation and focus

- Check whether the client has sufficient muscle power to carry object and/or maintain his balance.
- Observe whether the client experiences a difference between light and heavy, small and big.

### Alternative materials

- A heavy goal ball with a bell inside.
- Large plastic bottles filled with various volumes of water.
- Clients in a wheelchair can lift small, heavy things from their wheelchair or drag something heavy with a rope.

### Can also be used in the categories

- Body awareness (BA)
- Tactile-spatial perception (TSP)