

## Touching and perceiving Proprioception



### Activity: Moving in a wobble saucer

#### Set-up of the activity

There are wobble saucers and discs in various models and sizes. Some are for sitting and in others you can sit or lie down.

0-2

- First let the client explore the wobble saucer while sitting next to it.
- Check whether the client is capable of lying in it and being moved carefully, like in a hammock.

2-4

- First let the client explore the wobble saucer while sitting next to it.
- Help the client to get in/on the saucer, for example by holding it still for him. You can also do this by temporarily placing pillows under the sides that you can easily remove.
- Hold the client until he feels safe enough to move by himself.
- If the client is up to it, turn the wobble saucer in circles or let it wobble back and forth.

4-6

- See the set-up in the age category 2-4.

#### Points for observation and focus

- Check what the client finds pleasant: is he anxious or does he relax as the activity progresses.
- Observe the behaviour after the activity. Does it calm the client or make him restless?
- Make sure the surrounding is safe and be careful not to get any fingers jammed.
- Observe whether the client prefers certain movement directions. Does he prefer to turn in circles or wobble sideways or forwards and backwards? Does he prefer to go fast or slow?

#### Alternative materials

- Swing bench.
- Swing.
- Playground rocking horse.
- Clients in a wheelchair can be placed lying down in a big wobble saucer with cushions.

#### Can also be used in the categories

- Body awareness (BA)