

## Touching and perceiving Proprioception



### Activity: Putting objects in metal box

#### Set-up of the activity

Use a metal box to place or throw in various objects. Some clients continue to take out things in order to throw them; for them, it's about the throwing or hearing how something sounds. Often, it requires extra attention to learn how to place an object in something. Tidying up together after playing can be a fun and playful manner to encourage the activity.

0-2

- Together explore the box and place something inside so that the client knows where it is.
- Begin with objects that make a funny or loud sound, such as a Ping-Pong ball.
- Let the client throw an object while you catch it with the box.
- Together shake the box with the object inside.
- Let the client hold the box in one hand and throw an object inside. He can flip/empty the box and refill it.

2-4

- Offer the client the box and let him explore it.
- Make it functional by letting the client place objects in the box that belong there (such as candy or laundry pins).
- Let the client place the object in the box without feeling the rim of the box.
- Change the location of the box.
- Use two different boxes for sorting activities.

4-6

- Use two different boxes for sorting activities.
- Put laundry in a laundry basket and take it out; let the client put the laundry in the washing machine.

#### Points for observation and focus

- Observe whether the client holds the box. Or is this unnecessary because he can assess where the rim is.
- If the client cannot stand loud noises, use fabric weighted bags or a plastic box.

#### Alternative materials

- Large carton or plastic barrel.
- Pans in various sizes.
- Boxes in various sizes.

#### Can also be used in the categories

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