

Touching and perceiving Proprioception



Activity: lap games

We stimulate balance and movement with lap games, such as Mother and Father and Uncle John or This is the way the ladies ride and the movement songs from the Sherborne-movement method (for more information go to sherborne.nl).

Set-up of the activity

0-2

- Make sure you and the client are sitting comfortably.
- Hold the client on your lap and sing a song. Make slow, rhythmic movements.
- Gradually make bigger movements.
- Let clients in a wheelchair experience the same in a hammock or wheelchair swing or in the sling of a hoist. Ensure there is a lot of support.
- Let the client sit on the floor and rock him back and forth between your legs; hold the client and stimulate anticipatory reactions.

2-4

- Sit opposite each other and hold each other's hands as in the song Row Row Row Your Boat. Each time, lean more backwards until you reach the floor.

Points for observation and focus

- Observe how the client responds to the games; does he prefer calmer or wilder movements?
- Notice anticipatory reactions.

Can also be used in the categories

- Body awareness (BA)
- Recognising (RC)