

Touching and perceiving Proprioception



Activity: romping games

Set-up of the activity

Romping with a familiar person (parent, older brother/sister, regular caregiver) is a fun way of getting to know your own body. Romping games allow clients to experience muscle strength, movement possibilities and deep pressure on the joints. Also let the client experience the difference between romping with a man or woman. Ensure a safe environment. Use a thick mat.

0-2

- Vary in the amount and force of the romping.
- Announce to the client that you are going to 'grab' him so that he is prepared and can brace himself.
- Stimulate the client to play shoving and pulling games with his hands or let the client push his feet against the caregiver's feet.
- While the client is lying down, let him push away the hands of the caregiver with his feet. Stimulate the client to gain experience in shoving and letting go. Encourage the client by saying, for example: "come on, push me".

2-4

- Sit on your knees and try to push each other over.
- Tell the client that he needs to stand still like a statue; this requires muscle control and balance.
- Let the client sit on a low bench (i.e., in a gym) and tell him he has to remain seated while you push against him softly.

4-6

- Do a judo activity on the mat: sit back to back and try to stand up while pushing against each other.

- Tell the client that he needs to stand still like a statue; this requires muscle control and balance.

Points for observation and focus

- Observe what the client likes; how much force can be used with him?
- Check whether the client resists in any way during the activity. Does he adjust his muscle power or does he let himself be pushed away?
- Verify whether he understands the intention and whether he likes it. Does he take initiative or not?
- Be aware of when it is no longer a game. The client may, for example, get too excited and not be able to play together anymore.

Alternative materials

- Judo lessons at school.
- Romping in the swimming pool can make it physically easier. Make sure it is safe and that the client does not swallow water.
- Let the client push a heavy multiple-person swing.
- With clients in a wheelchair, you can romp while they are seated in the sling of the hoist. Lower the sling to your lap and romp together this way.
- You can also romp together in a bed. Let the client push himself against you with his legs or in any other way. Make sure you don't accidentally get injured.

Can also be used in the categories

- Body awareness (BA)
- Two-handedness (TH)