

Touching and perceiving Proprioception



Activity: Rolling marbles back and forth

Set-up of the activity

Use the lid of a box, a serving tray or a tambourine.

2-4

- If one is available, begin with an ocean drum (see Alternative materials).
- Give the client marbles in a tin or a box and let the client experience for himself what happens when he moves the tin or box.

4-6

- Let the client sit, with support of the feet, or stand firmly. The latter is more difficult.
- Begin with one heavy marble.
- Add more marbles and together move the lid, serving tray or tambourine so that the marbles begin to move.
- Stimulate the client to do this by himself.

Points for observation and focus

- Be aware of safety. If necessary, cover the serving tray or tambourine with plastic foil or place a lid over the marbles so they don't fall out.
- Observe whether the client experiences differences in weight and whether he adjusts his posture.
- Check whether the client makes controlled movements.
- Check whether there is a difference between the right and left half of the body; does the client tilt the lid to one side?
- Observe how the tray is held: with force, loosely or firmly.
- Be aware of the fact that this is a difficult activity when the client only has one available hand.

Alternative materials

- Chinese meridian balls (larger, heavier and with sound).
- Dried peas (lighter).
- Ocean drum. This is a closed tambourine with beads inside. The advantage is that nothing can roll out of the drum.

Can also be used in the categories

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