

# Proprioceptive Input



RHYTHM & STRINGS  
Music Therapy, LLC

Proprioception is our ability to sense where our limbs are. It is the sensation from muscles, joints and connective tissue that allow us to know where our body is without looking.

Proprioception is important in coordinating movements and helps us feel safe in our surroundings.

## Proprioceptive Seeking Behaviors

---

Crashing/bumping into people, objects

Plays rough with others

Often climbing and jumping

Enjoys deep pressure (being squished, tight clothing)

Challenges with isolating body movements or locating body parts (ex "touch your nose")

## Proprioceptive Organizing Activities

---

Deep pressure and joint compressions

Heavy lifting

Animal walks

Sensory chews

Imitation of motor movements and locating body parts.