

# ALL ABOUT THE PROPRIOCEPTIVE SYSTEM



## WHAT IS THE PROPRIOCEPTIVE SYSTEM?

THE SYSTEM THAT ALLOWS US TO PROCESS AND UNDERSTAND WHERE OUR BODY IS IN SPACE. IT IS THE SENSE THAT TELLS US WHERE OUR BODY PARTS ARE & WHAT THEY'RE DOING, SUCH AS IF OUR EYES ARE CLOSED.

IT IS ONE OF THE THREE 'HIDDEN' SENSORY SYSTEMS.

## WHEN IT'S FUNCTIONING SMOOTHLY...

WE ALWAYS KNOW WHERE OUR BODY BEGINS AND ENDS AND HOW WE ARE MOVING IT, EVEN IF WE ARE NOT LOOKING DIRECTLY AT THE PART THAT IS MOVING.

## THE PROPRIOCEPTIVE SYSTEM IS WHAT ALLOWS US TO SENSE & PROCESS:

OUR ARM THROWING A BALL



THE DEEP PRESSURE OF A HUG/SQUEEZE

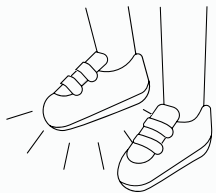


OUR HAND BEING RAISED IN THE AIR



# HOW SOME BRAINS & BODIES RESPOND TO PROPRIOCEPTIVE INPUT

A CHILD MAY SEEK PROPRIOCEPTIVE INFORMATION MORE THAN OTHERS. THIS MAY MEAN THEY ARE...



## PROPRIOCEPTIVE SEEKING

"PROPRIOCEPTIVE UNDER-RESPONSIVE"

THIS MIGHT LOOK LIKE:

- CRASHES OR BUMPS INTO OBJECTS OR PEOPLE
- STOMPS, RUNS OR JUMPS DOWN HALLWAYS OR STAIRS
- UNINTENTIONALLY BREAKS PENCILS, TOYS, AND OTHER OBJECTS
- LOVES TO "ROUGH HOUSE"
- FREQUENTLY REQUESTS HUGS, HOLDING HANDS AND/OR PHYSICAL PRESSURE
- REQUESTS CRUNCHY FOODS
- CHEWING ON OR GNAWING ON PENCIL

A CHILD MAY BE MORE SENSITIVE TO PROPRIOCEPTIVE INFORMATION THAN OTHERS. THIS MAY MEAN THEY HAVE...

"PROPRIOCEPTIVE OVER-RESPONSIVE"

## PROPRIOCEPTIVE SENSORY SENSITIVITIES



THIS MIGHT LOOK LIKE:

- DOES NOT LIKE BEING HUGGED, HELD AND TOUCHED

NOTE: PROPRIOCEPTIVE INPUT IS USUALLY HIGHLY CALMING FOR THE NERVOUS SYSTEM!