

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Top tips for developing proprioception

Proprioception can be described simply as body awareness. It lets us know where our body is in relation to the immediate space around us, how to move our body in the space provided and how much force is needed to complete a task.

Examples include: moving around a room without bumping into obstacles, picking up a drink without spilling it and sitting on a chair without falling off.

Proprioception helps to develop motor control and coordination.

Here are our top tips for activities that support proprioception development:



- Provide opportunities for activities that involve pushing and pulling, e.g. playdough, climbing up a slide via a rope, pushing wheelbarrows or pushchairs
- Riding wheeled toys
- Digging and raking in soil or sand
- Tidying up after activities
- Crawling through tunnels and over obstacle courses
- Climbing apparatus or climbing trees
- Playing catch with balls or sitting on the floor and pushing or rolling balls
- Music and movement.

NDNA products to support you with this activity

- [Online course - Physical Activity in Early Years](#)

Find more resources at www.ndna.org.uk/hub/myndna