

**Proprioception** is a person's sense of body awareness in relation to one's own body.

People with **proprioceptive** sensory challenges may lack coordination, prefer to walk on their toes, or are described as 'clumsy'.



The **vestibular** sense is associated with balance and spatial orientation in relation to other objects.

Persons with **vestibular** processing challenges may experience dizzy spells, have poor balance, and experience difficulty with walking.

## Processing the Seven Senses

Does your child like to play rough, write too hard, frequently falls or is constantly moving? Is she/he unable to perform simple acts of coordination such as clap hands and stomp feet at the same time? If this sounds familiar, your child could have proprioceptive or vestibular sensory processing challenges or sensory processing disorder.

Sensory processing is how the brain receives information from the seven senses and translates the information into messages that your body can understand. Individuals with sensory processing concerns receive and translate sensory information differently.

Body awareness (proprioceptive) and balance and spatial orientation (vestibular) are important because they affect how we move our body and how our body interacts with objects in the physical space around the body. Challenges to how this type of sensory input is processed can significantly impact motor skills and development.

There are things that you can do at home to help your child!

## Home Tips for Sensory Input

- Do yoga with your child
- Assign chores that require movement and/or strength
- Play zoo/animal charades
- Take movement breaks when stationary for long duration
- Make a tape line on the floor and practice walking on the line
- Lay on stomach on the floor while playing
- Learn new dance moves
- Play Twister
- Sing & dance to "head, shoulders, knees, & toes"
- Jump on a trampoline
- Do jumping jacks
- Play hop scotch
- Play "Simon Says" with movement directives

## Upcoming Events

Date/Time	Topic	Link
Thur 5/28 @ 8:30am	DIY Sensory	<a href="https://zoom.us/meeting/register/tJlkf-yrqTsoE9eydxzSugJGzuJYXWD4c">https://zoom.us/meeting/register/tJlkf-yrqTsoE9eydxzSugJGzuJYXWD4c</a>
Fri 5/29 @ 1:00pm	Family/Caregiver Group	<a href="https://global.gotomeeting.com/join/805112789">https://global.gotomeeting.com/join/805112789</a>
Fri 5/29 @ 5:00pm	Family Fun Hour with Explore & More	<a href="https://zoom.us/meeting/register/tJMkcuySqTwqH9c4JkGmaAJ1RAfoFJZdPh">https://zoom.us/meeting/register/tJMkcuySqTwqH9c4JkGmaAJ1RAfoFJZdPh</a>
Mon 6/1 @ 7:00pm	Let's Talk Mindfulness!	<a href="https://zoom.us/meeting/register/tJAodOyvrT4uE9akFWUx26rQykdidNNKYQpt">https://zoom.us/meeting/register/tJAodOyvrT4uE9akFWUx26rQykdidNNKYQpt</a>



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