



## How to Develop Your Proprioception

*by Mrs. Kristal Schuch*



*Yoga can help children and adults strengthen proprioception and body control.*

Proprioception is an important concept that often comes up when discussing preschooler behavior. Proprioception is the body's ability to sense itself. It is the awareness of where your body is in space.

Your body has receptors that communicate with the brain and give it proprioceptive input. This input provides information that is used for movement and control. Proprioception also tells us how much force we must put into certain actions.

Learning how to control our bodies is one of the many lessons taught and worked on in preschool. Children learn how to sit and listen, how to walk in a line, and how to move throughout and operate in an environment with multiple other people. While these activities seem simple and natural to most adults, they all require proprioceptive input.

Proprioceptive input can help both children and adults maintain the best state for learning and giving focused attention. When the proprioceptive system is not working properly, clumsiness, being overly rough or applying too much strength become issues. Proprioception is important for self-regulation, coordination, posture, and body awareness.

So, how do we support children needing extra help with processing proprioceptive information? Strong proprioceptive input can come from many everyday activities. Running, jumping, and squeezing are just a few activities that can help calm children and reduce anxiety. Here are some other activities that can help give proprioceptive input and increase body awareness:

- Yoga
- Jumping
- Crab Walk
- Stretches
- Somersaults
- Stomping
- Push-Ups
- Crawling
- Chewing Gum
- Jumping Jacks
- Bouncing on a Large Ball
- Hanging by Arms or Legs
- Eating Crunchy Foods

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## Upcoming Events

**Nov 8 - 11 (Tues - Fri):** American Education Week – class visits 9:30-11:00 for 3's & 4's classes

**Nov 11 (Fri):** Wild Willy Woo SuperHero Show (Library) at 9:45am — T/Th 3's are invited to attend w/ chaperone

**Nov 21-22 (Mon & Tue):** Thanksgiving Feasts/Church Visit (Please bring a canned-good to donate)

**Nov 23-25 (Wed - Fri):** Thanksgiving Holiday (school closed)



### What's on Tap? The Ladies Fall Social

Leave the kids at home and join us for the Chestnut Grove CDC ladies fall social! Get to know your fellow CG moms while enjoying the beautiful ambiance at Inverness Brewing! The Inverness farm in Monkton offers a food truck and delicious brew available for purchase. We hope you can join us! RSVP: <http://evite.me/eXmtPHTkkN>

Details: Thursday, November 10th, from 5 - 8pm at Inverness Brewing (meet up in the basement of the heated barn), 16200 Markoe Road, Monkton, Maryland 21111

*Wondering what else Chestnut Grove's Parent Board is up to? Check out the bulletin board at the top of the main staircase. Join the fun!*

## Important Reminders

### American Education Week - Nov 8 - 11

Take this opportunity to visit your child's classroom, and share in the excitement of their first school experiences. Visitors are welcome in 3's & 4's classes from 9:15am - 11:00am, Tuesday through Friday of this week. When lunchtime begins, we'll ask our guests to depart. If you plan to visit your child's class, please let your teacher know in advance. Thank you!

### Food donations & Thanksgiving Fun - Nov 21 & 22

Please bring a non-perishable item for your child to donate as part of our Thanksgiving celebration. Children will place the donations in the church when they go upstairs for a Thanksgiving visit with Pastor Andy. Children will hear about the importance of sharing with others before enjoying their own Thanksgiving feast with their friends at school. Their meal is provided by school, and in part, prepared by the children.



*Above: Muddy fun on the playground. Other photos from the Big Room: driving to the grocery store and the drive-thru with friends from the 4's program, enjoying pretend pizza, the doll house and see-saw action for the 3's. The Big Room offers a variety of gross-motor and pretend play options for rainy days.*

## Seasoned Firewood from Chestnut Grove Presbyterian Church



Warm your weekends with bundled firewood or kindling — \$5 per bundle. Pick-up on Fridays from 3pm to dark in the church parking lot. A better deal than area groceries stores offer! The bundle sales will continue through December 16, or until the supply is exhausted if sooner (and it has been sooner the last 3 years).

Looking for a larger load? We can deliver in quarter cords. **Email Rita Ennis [ritalennis@gmail.com](mailto:ritalennis@gmail.com)** for details or with the following info: full name, street address, phone # and email address, quantity desired, address for delivery describing exact easily-accessed spot for dumping. It is not necessary for someone to be home for delivery. Payment can be made to the church by cash, check or online.

**1/4 cord — \$140 unstacked / \$160 stacked (stacking location must be easily accessed by truck)**



## Birthday Books Available

If you'd like to donate a new book in honor of your child's birthday, you may purchase your own, or select from Mrs. Foard's "Birthday Book" basket in the office. A \$3 donation for the book includes gift-wrapping the book for you, and personalizing it with your child's name, birth-date and year of presentation.

Your child will open the wrapped book and present it to the school during morning gathering in the Big Room. After the book is read in your child's class, he/she may take it home for a week. When it is returned, the book is officially cataloged and becomes part of the school's library.

Thanks to Mrs. Foard for her continued help as Chestnut Grove Librarian!

## Proprioception

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Often, for children who struggle with proprioception, heavy work activities are recommended. These activities require the child to apply resistance and pressure and really turn on proprioceptive receptors. Examples of heavy work activities around the house include pushing the vacuum, pushing or carrying the laundry basket, carrying a book bag, digging in the garden, and shoveling snow.

Deep pressure activities also provide significant amounts of proprioceptive input. Giving hugs, snuggling up with a weighted blanket, squeezing into tight spots, or getting a massage all offer deep pressure and a calming sensation.

Many of the activities mentioned above are helpful for children who are developing their senses of proprioception, and for adults to improving balance, body control and coordination. Engaging in activities that provide strong proprioceptive input can reduce stress for both children and adults.

### Sources

#### Brain Balance Center

<https://www.brainbalancecenters.com/blog/proprioception-explained>

#### Occupational Therapy Helping Children

<https://occupationaltherapy.com.au/proprioception/>

#### Your Kids Table

<https://yourkidstable.com/proprioceptive-activities/?platform=hootsuite&epik=dj0yJnU9Ulp1QWhPVIZLdXM5Q18zS1ZocWdBSEVGM3NfcFkwamEmcD0wJm49TEwxWnVJQWc1RUJTNlppWkRSR2E0ZyZ0PUFBQUFBFR05uNkpR>



*Top photos: Friends in our 3's classes enjoyed some favorite books after lunch and made a scarecrow on the playground.*

*Left: Our 2's teachers use baking to introduce pre-science skills like measuring, combining ingredients, and examining taste and texture. While the muffins bake, it's play time in the Big Room!*