

PROPRIOCEPTIVE HUNGER....  
SEEKING DEEP PRESSURE TO FEEL BETTER.

WE ALL KNOW HOW MUCH WE NEED A SQUEEZE WHEN WE'RE FEELING REALLY  
UPSET.....



WHEN NOBODY'S THERE TO GIVE US A SQUEEZE, WE SQUEEZE OURSELVES.

PEOPLE WITH AUTISM OFTEN HAVE THIS TYPE OF SENSORY DIFFERENCE....  
IT'S A HUNGER FOR THE PROPRIOCEPTIVE INPUT....

THEY CRAVE DEEP PRESSURE  
JOINT STRETCHING AND COMPRESSING (e.g. JOGGING, JUMPING, BUMPING,  
PULLING AND PUSHING)



SO WHEN THEY HOLD PEOPLE TOO TIGHTLY,  
OR KNOCK THEM DOWN  
THEY MIGHT NOT THINK OF IT AS A HURTFUL BEHAVIOUR.....  
TO THEM IT GIVES A LOVELY FEELING.....( ENDORPHONS ARE RELEASED )

SO THEY'RE CONFUSED TO FIND OTHERS DON'T LIKE IT.  
TO NOT GET ENOUGH DEEP PRESSURE CAUSES PHYSICAL PAIN.

TEMPLE GRANDIN FANTASISED ABOUT A MACHINE TO SQUEEZE HER  
SO SHE COULD CONTROL HOW MUCH AND WHEN.



TEMPLE GRANDIN'S SQUEEZE BOX

TOM MCKEAN SAID IF HE ASKED FOR A SQUEEZE, PEOPLE TOOK IT THE WRONG WAY!  
HE SAID HE FELT THE NEED AS PHYSICAL PAIN ALL OVER .('Soon Will Come The Light' -  
by Tom McKean )



WHAT IS WANTED IS REALLY TIGHT  
PRESSURE

TIGHTER THAN MOST PEOPLE THINK  
T.S OK



LIKE A BEAR HUG!



**SOME CHILDREN WILL GO UNDER CUSHIONS OR THE MATTRESS FOR THE PRESSURE**



**OR CLIMB INTO SMALL SPACES,  
LIKE SQUEEZING IN BEHIND MOM  
WHEN SHE'S SITTING DOWN!**



**WEARING A SQUEEZING WRAP OR SUIT CAN BE A HELP**



THESE ARE SOME WAYS TO GET WHAT IS NEEDED. IT HELPS CONCENTRATION FOR LEARNING BECAUSE IT BRINGS THE CALM-ALERT STATE

*VIGOROUS EXERCISE ALSO HELPS*



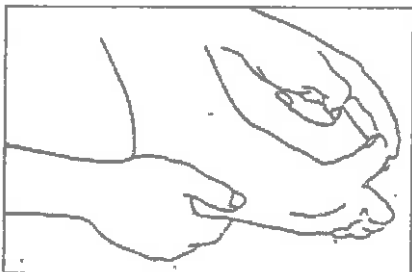


STRETCHING AND SQUEEZING  
FEELS GOOD.

BUT BECAUSE OF POOR CO-  
ORDINATION, THESE CHILDREN  
OFTEN DON'T GET MUCH OF THAT!



USUALLY THE ONLY TIME THEY GET THAT  
VIGOROUS EXERCISE IS DURING A  
TANTRUM!!



SO IT'S IMPORTANT  
TO SQUEEZE HARD ENOUGH,  
AND OFTEN ENOUGH

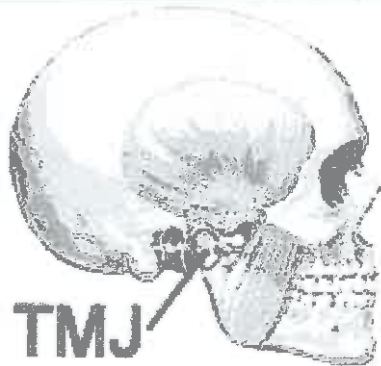
WE CAN THINK OF IT AS A SPECIAL DIET  
SINCE 'SENSATIONS ARE FOOD FOR THE BRAIN'  
THAT ENABLE THE BRAIN TO FUNCTION.



RESISTIVE OR WEIGHT-BEARING ON THE JOINTS IS A GREAT WAY TO GET THIS FEEDBACK



SITTING ON A BALL INSTEAD OF A CHAIR KEEPS THE 'SENSORY DIET' TOPPED UP.



THE STRONGEST OF ALL THE SENSES IS THE DEEP PRESSURE FEEDBACK FROM THE TEMPERO-MANDIBULAR JOINT...  
FOR CHEWING AND BITING AND SUCKING.  
IT IS ESSENTIAL FOR SPEECH TO HAVE JAW STABILITY  
IT RAPIDLY PROMOTES THE CALM-ALERT STATE.

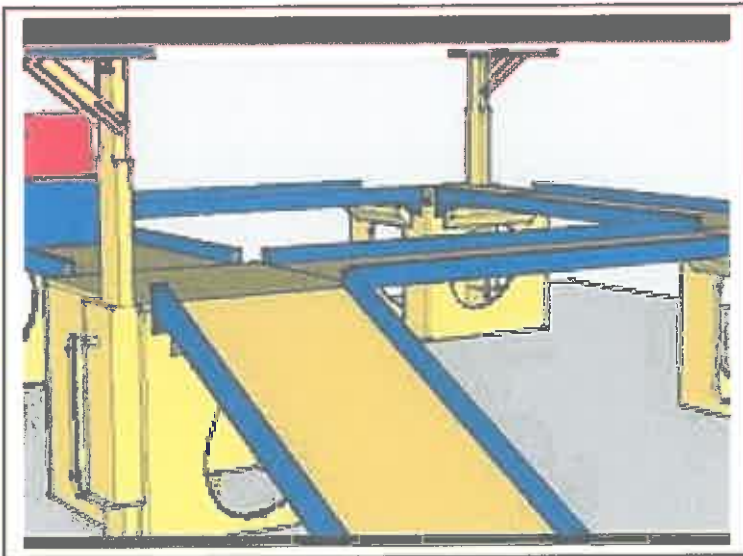


BITING DOWN WITH THE MOLARS IS A VERY GOOD WAY TO EXERCISE THE MOUTH, BRING JAW STABILITY AND CONTROL, AND CALM ONESELF

## The Ideal Sensory-Motor Circuit

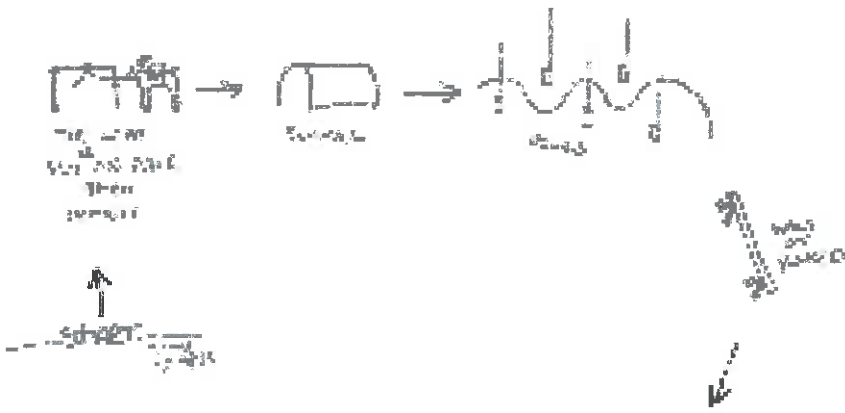


The ideal circuit will tick all the boxes for all 7 of the senses, which includes the vestibular and the proprioceptive senses too.



Raising the activity from the floor stimulates the vestibular system, as does changing direction of movement.

A slide allows for vestibular experimentation, exploring how many ways one can come down on a slide. (*they say there are 27*)



One can sketch up a design something like this:



Some useful elements are:  
A crawling track:



A balance beam:





Some kind of ladder-, rigid or rope ladder...



Monkey-bars for 'brachiating' (hand over hand alternating)



Stepping activities: e.g. footsteps, tyres, hopscotch...

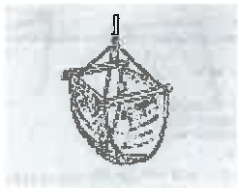


More ideas...



Slides of various heights

Obstacles and barriers to get over or under



Hammocks that sway or squeeze  
Swings of various kinds...



rings



the trapeze....



the round swing seat



The superb 'frog swing'



the trampoline or the 'rebounder'



jumping



actions done over the peanut ball, e.g. moving things from floor to box, work from left to right



Walking backwards



doing situps



hopping



rolling



Throwing over a high obstacle  
Over-head not under-arm



or even posting overhead



medicine ball exercises

