



THERAPEUTIC ACTIVITIES GUIDE: MOP HOME HACKS!

AIM

- To provide ideas for using everyday items in your home for therapeutic activities!

OVERVIEW

- We want to provide children with opportunities throughout the day to explore, experiment, play and regulate. The best ideas are the simple ones!
- These activities are all movement based, suggested as ideas which will help children to feel calm, and organised. Incorporate them into your play and your day!

WHO THIS IS FOR

- Any and all children! Particularly Primary school age and smaller children.



Over and Under

By balancing a mop between two dining room chairs, you create a barrier to climb under or step over! Both of these things give us lots of regulating proprioceptive input. This is the same sensory input we get from doing things which use our muscles, like climbing. At home, even simple crawling and stepping games give our body chance for 'heavy work'. This can organise and calm our body.



Heavy Curling Relay

Pushing heavy objects is another great way to get heavy work in! You can choose the weight of the box, book, or item to push. If you want to make it tricky (more proprioception), push along a carpet. If you need to make it easier, push along a solid surface such as laminate or tiles.

You could create a relay race or a challenge for how far your child pushes them - or an obstacle course to complete!



Toilet Roll Tower

**Please note that you can do this with empty toilet rolls!*

Lean your mop up against a surface and use it as a pole for collecting and placing toilet rolls. Have children crawl on the floor to collect them or find them in a treasure hunt. To increase the challenge, you could place the mop high, so children have to (safely) climb on to a sofa or chair to reach the top of the mop and post their treasure!



Doorway Challenge

Place 2 toilet rolls (full or empty!) on the mop, in line with the doorframe (this is to protect the doorframe). Hold the mop against the doorframe.

The challenge is to get from the floor to as high on the doorframe as you can reach, keeping the toilet rolls touching the doorframe at all times. This needs constant pressure, which provides a great way of getting proprioceptive input!



Mop Fishing!

Fill any bags you have (these are old paper party bags) with weighted objects - we've used a tin of beans in each bag! Spread them out and ask the child to 'fish' for them! They will need to move the mop really carefully, thread the mop through the bag handles, and lift them up. You could ask them to move it to a target to collect their fish!

Key Points

- Have fun! Be guided by your child so they can tap into their imagination!
- **Proprioception** is a sensory system which uses feedback from our muscles and joints and has an organising effect on our body and mind- it can calm us if we are hyperactive/ agitated/ unable to concentrate, or it can alert us if we are withdrawn or passive.
- **Vestibular input** uses information from receptors in our ear, which tells us where we are in space (for example if we are upright or laying down, moving or still, what direction and speed we're moving at). It helps our brain to know how much we need to 'turn our muscles on' - for example to sit up or stand up. It also has a big influence on our level of arousal - how calm or alert we are.

Please liaise with your Occupational Therapist before proceeding if any of the recommended activities are beyond what your child may usually do in their daily lives. Juniper Tree Therapy Ltd cannot be held responsible for any injury which comes from misuse from the guidance within this document. These activities should be supervised by a responsible adult at all times. Risk assessment for equipment and environments should always be completed prior to using these activities.