

# JABADAO

starting points to kickstart the games children find for themselves.

SAFE, COMFORTABLE & HAPPY BODIES  
Children know how they feel in their body. Always stop if they say stop; and let them direct how the play unfolds

## building sensory foundations proprioception

### Push Play

- Sit down back to back. The aim of the game is to push your partner across the room until they can go no further
- Or make a defined space on the floor that you must push each other out of
- You can use electrical tape to mark out a box on a smooth floor. Or use a rug ...

The children who need to build their proprioceptive system the most may get very excited in this play. Help them to stay safe and as calm as possible so they get what they need ...

### Pull Play

- Tug of War - best pulling game ever. Do it sitting down for maximum proprioceptive work.
- Use a soft scarf or a length of Lycra instead of rope.
- Adult matches child's strength exactly so they have to work as hard as possible, but they can also succeed

### Kick a feather

- Kicking is proprioceptive work for the legs. Good body work, but sometimes not a great idea inside.
- Give a child a big feather and they can safely kick it anywhere
- How far can you kick it? How high?
- Can you kick it into a bucket? Or so that it lands on a cushion?

### Cushions and Pillows

- Make a soft pile of cushions and sit in the middle
- Take one cushion each, hold it in front of you and use it to try and push the other one over
- Anyone can say stop at any point ... adults use only as much force as the child