Physical exercises that help regulation

Proprioceptive receptors are located in the muscles, tendons, and joints.  These receptors respond to active movement and gravity.  Proprioceptive exercises involve deep pressure.  These exercises are a powerful tool to help self-regulate.

Here are six simple exercises that can be incorporated into their day:

1. **Wall Push-Ups.** Place palms on the wall, bend elbows, and plant feet firmly on the floor.  Push against the wall for ten second.  Wall push-ups provide proprioceptive input into the arms, hands, and legs.
2. **Seated Push-Ups.** Sit on the floor (with legs crossed) or chair (with feet flat). Push on the floor or chair with flat palms trying to slightly lift up the bottom.  Hold for ten seconds.
3. **Palm Push.** Press palms together and hold for ten seconds.  Palm push provides proprioceptive input to the hands and helps balance the brain.
4. **Squeezes.** Cross wrists and squeeze up from the wrists to your shoulders then squeeze down the arms again from the shoulders to the wrists.  Go up and down the arms ten times.  Squeezes improve attention, develop the brain, and provide proprioceptive input.
5. [**Down Dog.**](https://www.yogajournal.com/poses/downward-facing-dog/)Begin on hand and knees.  Spread the fingers wide and press the hands firmly into the mat.  Tuck the toes and bring the hips high while trying to push the heels toward the floor. Keep a slight bend in the knees and relax the head. Make it fun by wagging your tail.  Down Dog requires heavy work, which is movement that provides resistance to the muscles and joints. Heavy work develops the brain and helps children self-regulate.