

## I CAN MOVE



We use our sense of **proprioception** to know our body position in space. Our proprioceptive sense also provides information from our joints and muscles to coordinate movements. The proprioceptive and vestibular (see October-balance) systems work together.

Do you know anyone that bumps into people or things a lot? Someone who cannot coordinate movements while trying to skip, climb or run? Someone who cannot coordinate getting a spoon into their mouth? Challenges to our proprioceptive sense may cause difficulties with body awareness and coordinated movements.

Activities to teach body awareness and coordination may include jumping, spinning, and deep pressure.



*Saltillo WordPower™ vocabularies support identification and communication about our sense of proprioception. Check out the SENSORY page for vocabulary such as **pressure**, **vest**, **therapy ball**. etc.*



# AUGUST 2020

## Storytime

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

JULY 2020

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
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26	27	28	29	30	31	

SEPTEMBER 2020

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For bonus sensory regulation tips and activities, scan this code!

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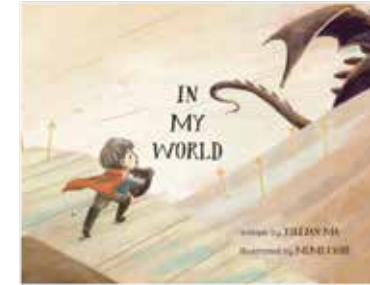
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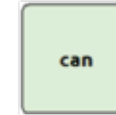
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*In My World* by Jillian Ma  
Illustrated by Mimi Chao

Explore all the things a little boy with autism can do. Follow his imaginative journey seeking acceptance and love. With a little help, he can celebrate his strengths and abilities.  
**What can you do in your world?**

Words to Model:



## Make a Book!

Let's make a book about the things **you can** do.

Download this customizable book and add pictures of a person showing what he or she **can** do!



### What can you do?



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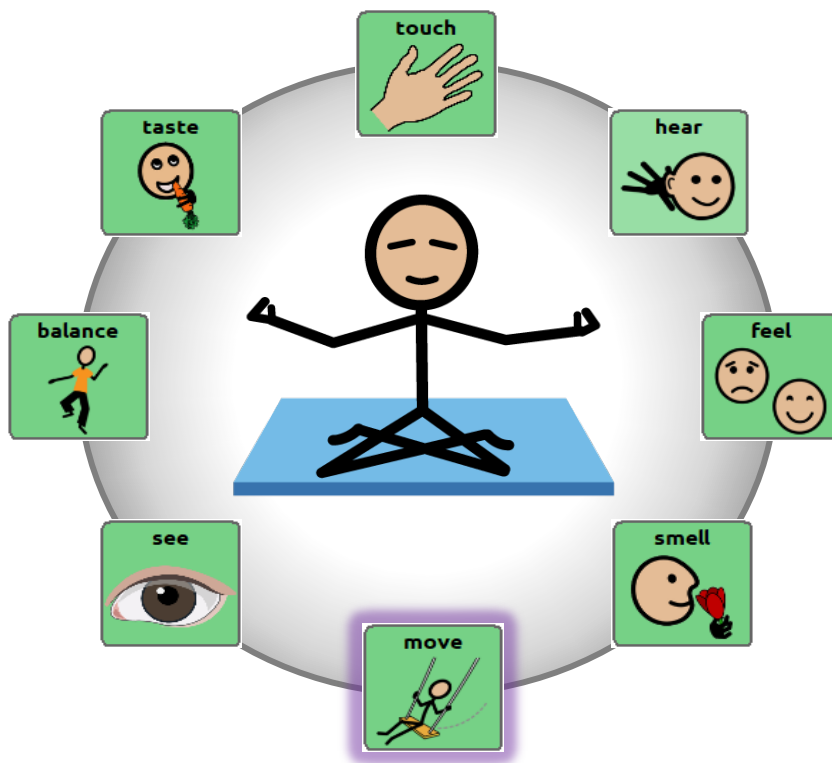
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## Practice sentences for Sensory Seekers and Avoiders- August- I can move

Every person handles sensory input a little differently. Use these practice sentences and learn ways to talk about and regulate sensory input. Some people, 'sensors and seekers', seek sensory stimulation. Other people, 'avoiders and bystanders' avoid it.

Are you a 'seeker'? Are you a 'by-stander'? Are you a mixture?



### SEEKER:

Term used to describe a person who looks for sensory stimulation. They may seek a certain type of input. Seekers may always want 'more'. They love sensation. While providing more input, it is important to keep routines in place.

### AVOIDER:

Term used to describe a person who avoids sensory input. Avoiders crave routines and order. They may not like new sensations and when a routine is changed may become anxious. An avoider may need a quiet place to go and language to help manage sensory overload.

Saltillo and TouchChat WordPower™ vocabularies support identification and communication about our senses.

The sequences presented here are examples found in WordPower60 Basic SS.



August- Proprioception- I can move	
Active (Sensors and Seekers)	Active (Avoiders and By-standers)
<p>I can walk.</p>	<p>Stop going.</p>
<p>Jump high.</p>	<p>Go slow.</p>
<p>Spin me.</p>	<p>Hold me.</p>
<p>Turn around again.</p>	<p>Don't turn around.</p>
<p>Push me.</p>	<p>Take a break.</p>

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