

**Time-Ordered Agenda for**  
**The Proprioceptive System: Activities, Strategies and Intervention Ideas**  
**Instructor: Rachel Harrington, COTA/L, CPRCS**

| Time (Minutes) | OT-Specific Content to be Covered             | Instructional Methodologies (e.g., lecture, case study, discussion, demonstration) |
|----------------|---|--|
| 20             | Introduction to Proprioception                | Lecture  |
| 15             | Identifying Proprioceptive Needs              | Lecture  |
| 30             | Proprioceptive Activities for Sensory Cravers | Lecture, demonstration   |
| 15             | Proprioceptive Activities for Body Awareness  | Lecture, demonstration   |
| 15             | Proprioceptive Input for Emotional Regulation | Lecture, demonstration   |
| 10             | Classroom Strategies for Proprioceptive Input | Lecture, demonstration   |
| 10             | Creating Proprioceptive-Rich Environments     | Lecture  |
| 5              | Q&A   | Discussion   |
| <b>120</b>     | <b>TOTAL RUN TIME</b>                         |  |