

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 |
| 120 | TOTAL RUN TIME | |