



Proprioception

Hypo-responsive

- Uses excessive pressure when writing or coloring
- "Jumper and crasher"- seeks out sensory input
- Can't sleep without being hugged or held
- Bumps into people or objects
- Seems aggressive
- Grinds teeth
- Walks on toes
- Chews on pencils, shirt, sleeve, toys, etc.
- Prefers crunchy or chewy foods
- Cracks knuckles
- Breaks pencils or crayons when writing or coloring
- Pinches, bites, kicks, or headbutts others
- Difficulty with fine motor skills
- Poor handwriting
- Poor awareness of position-in-space
- Stomps their feet on the ground when walking
- Kicks their chair or their neighbors chair in the classroom

Hyper-responsive

- Uses too little pressure when writing or coloring
- Prefers soft or pureed foods
- Appears lethargic
- Bumps into people or objects
- Poor posture, slumps in their seat
- Poor handwriting
- Inability to sit upright when writing or completing desk work; Rests with head down on arms while working
- Poor awareness of position-in-space
- Frequent falling
- Clumsiness
- Poor balance
- Poor body awareness
- Poor attention
- Poor motor planning
- Uses extreme force during tasks
- Challenged by clothing fasteners (how much force to use with fastening buttons, zippers, and belts, or snaps)