

The Crashers and Jumpers – Understanding Proprioceptive Seeking

What This Article Is About

Proprioception is the body's sense of position and force. Some kids crave strong input — crashing into couches, carrying heavy loads, or squeezing into tight spaces. These aren't "too rough" behaviors but ways of grounding and calming the nervous system.

What You Might Notice

- Crashing, rough play, wrestling, or squeezing
- Hugging too hard or writing with unusual pressure
- Carrying or dragging heavy objects
- Seeking tight spaces or resistance

Quick Strategies

- **Heavy Work:** Wall pushes, animal walks, playground climbing, household chores.
- **Deep Pressure:** Pillow squishes, blanket burritos, weighted items (with consent).
- **Structured Jobs:** "Helper" roles that use muscles (carrying books, moving chairs).

Parent Takeaway

Proprioceptive input is like a reset button — it calms, organizes, and builds confidence. Meeting these needs helps transitions, emotional flexibility, and focus.