VESTIBULAR SYSTEM

Vestibular Processing is how our bodies (through receptors in our inner ears) sense movement. It works with the other sensory systems to give information about head movement, body position, postural adjustment, balance, muscle tone, movements of the eyes, hand-eye coordination, motion perception and spatial orientation.

TYPES OF ACTIVITIES	ACTIVITY IDEAS
Swinging	Playground swings, hammocks, or hold the ends of a blanket or sheet to make a swing.
Jumping/Bouncing	Trampoline, exercise ball, hopscotch, off curbs, off furniture, jump rope, jumping jacks, pop bubble wrap, puddle jump, frog jump from pillow to pillow.
Rocking	Rocking chair, rocking horse, see-saw, hold hands and sing "Row-Row-Your-Boat".
Spinning	Office-style swivel chairs, sit and spin toy, log rolling across floors or down hills, somersaults, cartwheels, tire swings, merry go rounds, "Ring-Around-The Rosy"
Sliding	Playground slides, being pulled on a sheet across the floor, bumping down steps, "indoor skating"
Hanging Upside Down	From monkey bars, over the couch/bed, lying over an exercise ball, bear walks, somersaults, cartwheels, head/handstands.
Dancing	Try out all different kinds of styles, tempos, and beats! Listen to action songs.
Running	"Red-Light-Green-Light", fast/slow, play chase or tag.
Wheels	Bikes, tricycles, wagons, roller skates, skateboards, scooter boards.
Balancing	Use pieces of wood, rope, chalk, to make lines to walk on or walk on curbs-try walking forwards, backwards, and sideways. Keep something on your head while walking, try standing on something wobbly.
Do Different Poses	Yoga, Simon Says, Play Twister
Make an Obstacle Course	Indoors or out! Crawl under tables, climb over chairs, jump over ropes, hop from cone to cone, crawl through a cardboard box, jump through a line of hula hoops, throw a family of stuffed animals into a laundry basket, etc.
Playing Visual-Motor Games	Pop bubbles, keep balloons off the ground, play catch or kickball, throw bean bags at a target, bowling, basketball, flashlight tag.

MOVEMENT & AROUSAL

Calming=Slow, Back & Forth, Rhythmical

Alerting=Fast, Spinning, Start & Stop, Unpredictable