

Vestibular Input



INSIDE



SEEKERS

- Therapy ball activities
- Scooter board
- Spinning top cone
- Trampette
- Swaying/dancing to music
- Try movement songs which allow change of direction and pace such as ring roses.
- Create an obstacle course inside which requires different movements e.g. crawling under table, jumping over a cushion.

SENSITIVITIES

- Practice walking over cushions- start by providing physical support e.g. hand holding
- Practice ascending and descending the stairs
- Try movement songs which allow feet to stay on the floor such as head shoulders, knees and toes.
- explore gentle movement on therapy ball, with feet on the floor.

OUTSIDE



SEEKERS

- Climbing on climbing frame
- Obstacle courses outside, include crawling, jumping and climbing
- Create balance challenges e.g walking along a pool noodle or large rope
- Play games which involve change of pace and direction such as chase.
- Swings
- Scooter / scooting
- Cartwheels / handstands

SENSITIVITIES

- Introduce activities slowly, start by giving physical support such as hand holding within the following tasks.
- Try walking on different areas of the garden, e.g. moving from path to grass
- Practice balancing on balance beam/walking on low wall.
- Make stepping stones and practice walking over these.