Modifications:

- spin on a platform swing, or in a hammock swing, or in a rotating chair
- if the child is fearful, allow them to put their feet on the ground and possibly push
- or they may initially prefer prone on board and pushing self

Vestibular Activity 1

Spinning Board

Instructions:

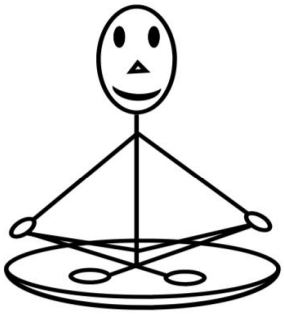
- Have the child sit on the spinning board in a cross-legged position, with his feet supported by the board.
- While looking at his ankles, have him put his right hand on the floor on the right side of his body and push back towards his hip.
- As he spins, have him rhythmically push 10 times with his right hand. If he is not eager to push, let him build up to 10 times. If he is too eager and pushes at a high speed, slow him down to a moderate speed.
- Have him stop abruptly, pausing for approximately 20-30 seconds. (He can recite the alphabet twice, do skip-counting, etc.)
- Looking at his ankles again, have him repeat the spinning using his left hand, 10 times.
- NOTE: Pushing with his hand touching the ground 10 times does NOT have to equal 10 spins.

Performance Objectives:

- Stimulate vestibular responses due to rotary acceleration and deceleration

Further Suggestions:

- A station with 2 to 4 spinning boards should always be available in a Ready Bodies Motor Lab™.



Pre-K adjustment: Start with spinning with each hand hitting the ground 4 or 5 times. Work up to 10x as the year progresses. Training in correct stop-and-wait between spins is essential.

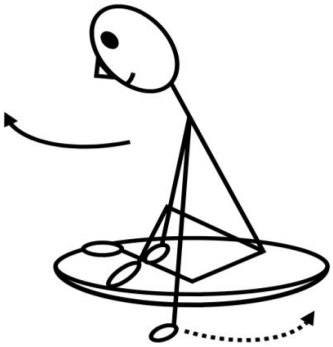
Pre-K Approved

NOTE:

Push 10x with right hand

* STOP for 20-30 seconds *

Push 10x with left hand



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Modifications:

- roll in/out of blankets
- roll over bubble wrap on floor
- assisted rolling is fine

V2
Vestibular

Vestibular Activity 2

Rolling, Rolling, Rolling

Instructions:

- Have the child lie on the floor with his feet together, his arms extended overhead, and his hands together.
- Have him roll as one unit along a straight line going in one direction, then return in the opposite direction.
- To help train the child to roll, help him hold his hands above his head and guide him by gently rolling his arms.
- To assist him with rolling in a straight line, provide a guide on the floor, such as a length of bubble wrap or foam strips.

Performance Objectives:

- Stimulate vestibular responses due to rotary movement
- Experience different tactile stimulation while rolling over different textures

Further Suggestions:

- If a child rolls with his legs apart, or kicks forward with his feet, ask him to hold an eraser or small pillow between his knees as he rolls.
- The child can also roll in and out of blankets or roll over a path of pillows – this is a favorite exercise for younger children!

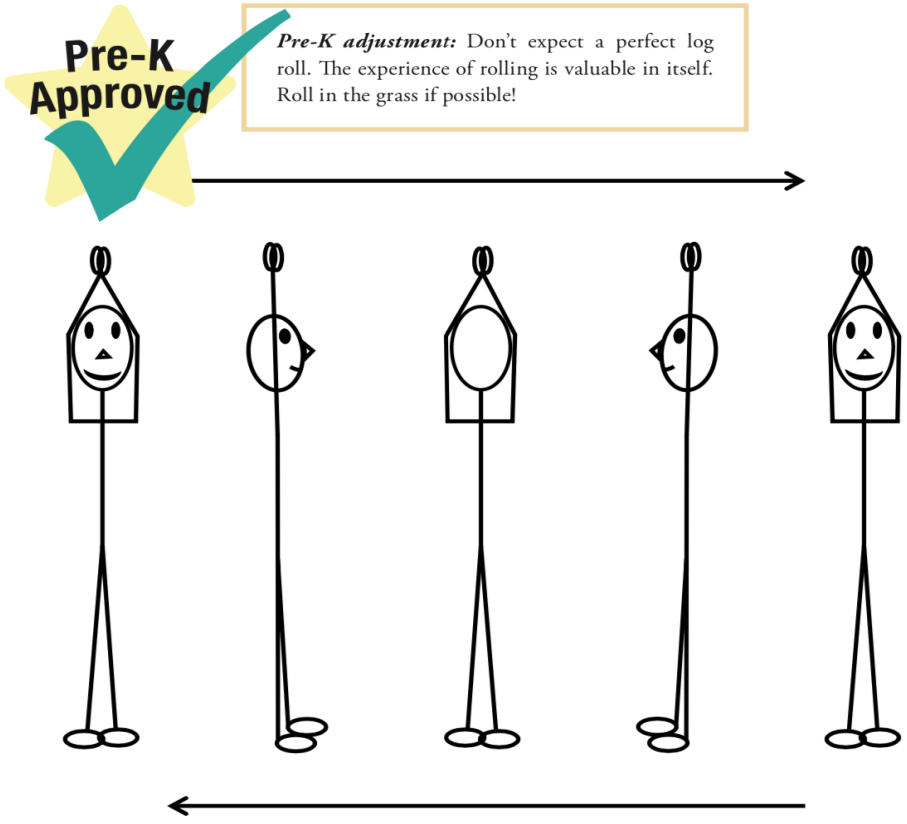
V2

Intensity Level

Level of Difficulty



Rolling, Rolling



Pre-K adjustment: Don't expect a perfect log roll. The experience of rolling is valuable in itself. Roll in the grass if possible!

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Modifications:

- Use a rocker board to sit on rocking side-to-side or front-to-back

Vestibular Activity 3

Rock and Row

Instructions:

- Have the child sit cross-legged (A.) on the floor, holding a very lightweight rod in both hands.
- Have him rock backward and forward as if rowing, then side to side, then rotate his trunk from right to left.
- As he progresses, have him move to more difficult positions, first with his legs out (B.), then sitting on a stability ball. (C.)

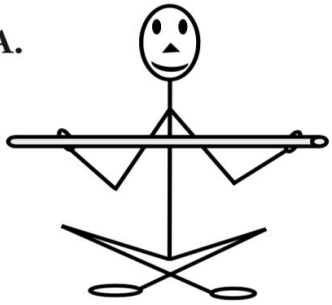
Performance Objectives:

- Stimulate vestibular and proprioceptive input
- Build core stability, arm strength, and proper writing posture

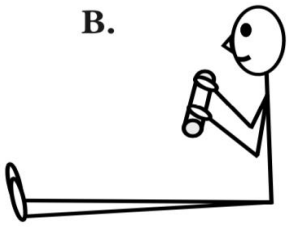
Further Suggestions:

- Provide a rhythm for the child to follow as he rocks and rows. Rhythmic movement is a function of the vestibular system. This simple exercise will help integrate the understanding of movement for the child.
- This should start out simple, yet can become very complicated. Double-time (moving on half beats), maintaining a very slow rhythm, and changing the rhythm and activity within one song are all ways to add variety and complexity.
- Include different bolsters/balls to sit on. (C.)

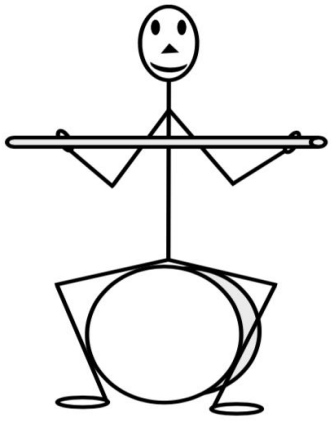
A.



B.



C.



Pre-K adjustment:
Do only Activities A. and B. Use different types of fabrics or pillows spread on the floor.

Pre-K Approved

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Modifications:

- inversion over your lap for comfort
- inversion during a game

Caution: Inversion can be intense. Do not proceed if child is fearful!

V4
Vestibular

Vestibular Activity 4

Tummy Roll

Instructions:

- Have the child lie over a large beach ball or therapy ball.
- Have him rock back and forth (with control!) by first pushing off with his feet, then returning by pushing off with his hands.

Performance Objectives:

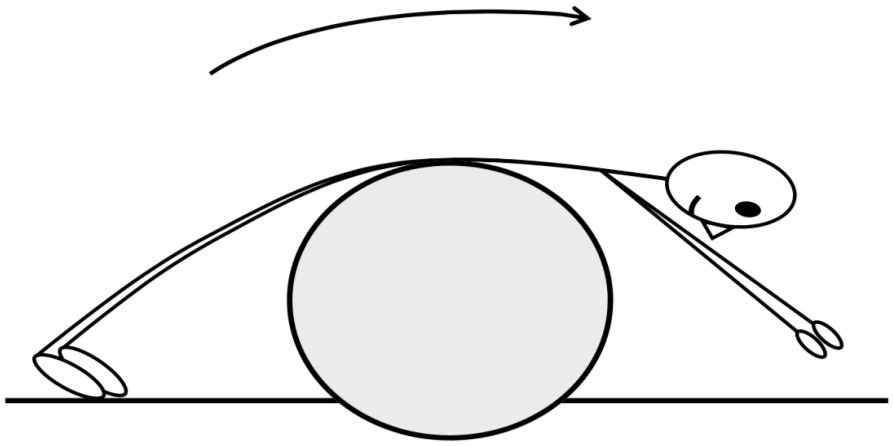
- Stimulate vestibular responses
- Develop motor control
- Stimulate proprioceptive system with weight-bearing on feet and hands
- Encourage stimulation of prone extension

Further Suggestions:

- In a similar position, have the child lie over the ball and leave his feet on the ground. Place a box in front of him and have him pick up items with both hands and place them in the box, requiring upper body and arm extension. This will help build the upper body strength necessary for sitting and writing.

Pre-K Approved

Pre-K adjustment: The ball must be an appropriate size for the child's age. An 8"-9" rubber playground ball may be sufficient.



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V4

Intensity Level

Level of Difficulty



Tummy Roll

Modifications:

None

Vestibular Activity 5

Bowls and Balls

Instructions:

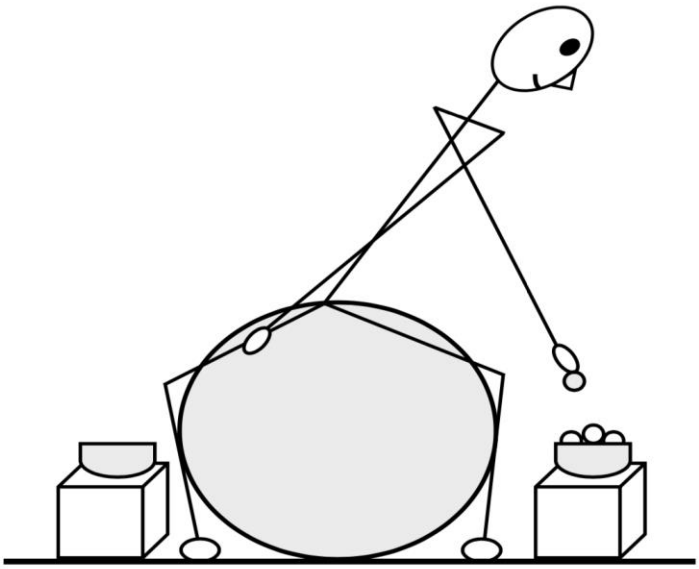
- Have the child sit on a large ball with his legs on opposite sides, close to the ball.
- Place two bowls on short stands (about halfway up the child's lower leg) on each side of the ball.
- Fill one of the bowls with smaller balls, cotton balls, pom-pom balls, golf balls, etc.
- Have the child place his hand that is on the same side as the bowl full of small balls on his opposite leg.
- With control, have him reach for a small ball with his free hand without allowing his other hand to move from its position on his leg.
- Have him transfer the ball to the empty bowl, being sure he does not drop it!
- Have him repeat this procedure until all the small balls have been transferred to the second bowl, then reverse the total procedure returning the small balls back to the first bowl.

Performance Objectives:

- Develop motor control
- Increase dynamic balance and vestibular skill
- Develop midline crossing, core stability and trunk control

Further Suggestions:

- Use balls of different texture and weight.



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Bowls and Balls



Level of Difficulty



Intensity Level

V5

Modifications:

None

V6
Vestibular

190

Vestibular Activity 6

Bowl Roll

Instructions:

- Have the child sit in the bowl with his legs crossed and his hands holding onto the sides of the bowl.
- By distributing his body weight evenly and rhythmically, have him accomplish a smooth, controlled "roll" in the bowl.
- Have him "roll" 5 times in one direction and then 5 times in the opposite direction.

Performance Objectives:

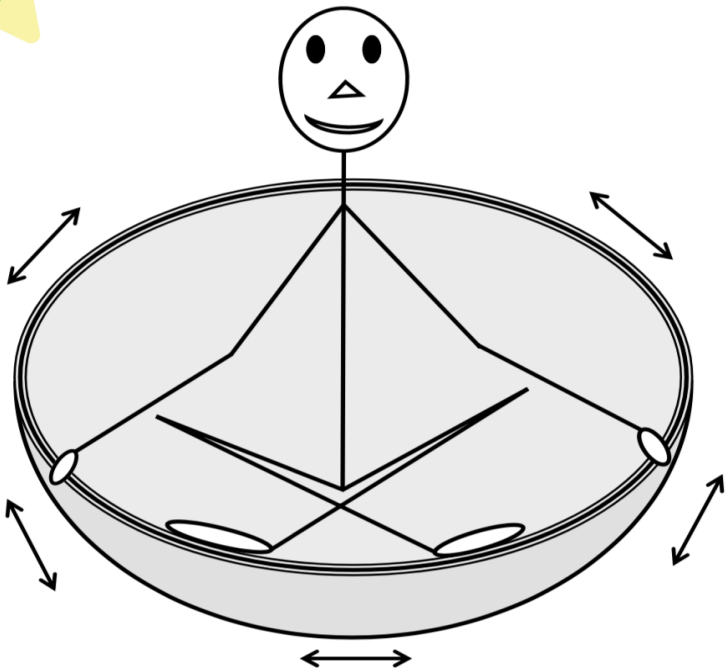
- Stimulate rotary and linear vestibular responses
- Encourage motor control, core stability and trunk control
- Stimulate proprioceptive system with weight-bearing on different areas of body

Further Suggestions:

- Partners can be used to direct each other orally. One child will call out a direction and a number ("right, 3 times") and the "bowl roller" will comply.
- If a child is too small or unable to control the bowl, an adult can assist and help create the vestibular movement.

Pre-K Approved

Pre-K adjustment: A smaller child will need a smaller vestibular bowl. It may also be necessary to help him roll or control the bowl. Still, all of these experiences will reach the Performance Objectives listed.



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V6

Intensity Level

Level of Difficulty

Bowl Roll

Modifications:

- hold the students' hands and pull the scooter in linear paths (for linear vestibular stimulation) OR in a circular arc for rotational vestibular stimulation
- student spins self on scooter using hands

Vestibular Activity 7

Scooter Drills

Instructions:

- Have the child lie on his stomach on a scooter with his legs extended and off the ground.
- (A.) Have him put his feet against the wall and push off, riding the scooter across the floor.
- (B.) Have a rope attached to a fixed object approximately 18" off the ground. Have him pull himself with the rope toward the fixed object.
- (C.) Have him put his feet against the wall and push off, riding the scooter across the floor. He will start with a beanbag in his hand and drop it in a bucket as he goes past.

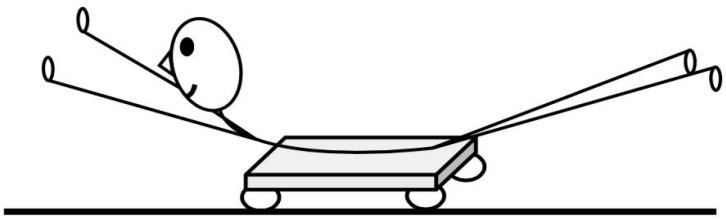
Performance Objectives:

- Stimulate vestibular responses
- Stimulate the proprioceptive system with weight-bearing on the hands
- Stimulate prone extension and core stability

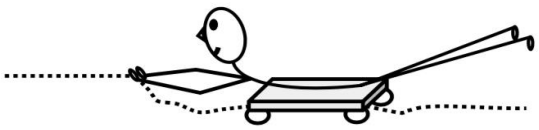
Further Suggestions:

- Can also spin one child within a circle of children. The child will hold one arm out, extended during the spin, pointing to the child who will spin next as he comes to a stop.
- Have both ends of a rope fixed above the ground at the same height and have the child "crawl" under the rope with the scooter.

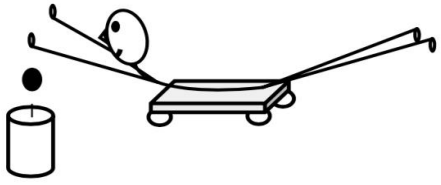
A.



B.



C.



Pre-K adjustment:
The young child may attempt all of these activities, but do not expect full completion of them. Simply scooting around on their tummies, going forward, and spinning, are all great activities. See Further Suggestions for more.

Pre-K Approved

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