Modifications:

- do not expect the child to keep the board level; movement is the objective
- can be done seated or standing with assistance
- can use a rocker-board for seated activities

Proprioceptive Activity 7

Teeter Board

Instructions:

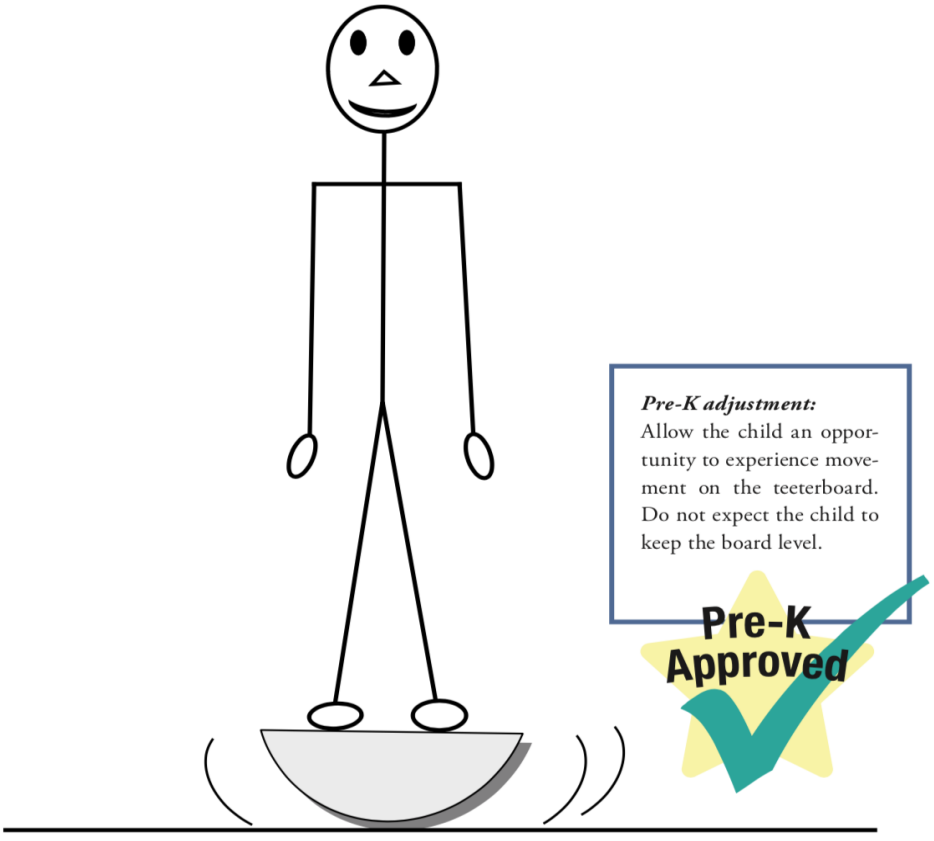
- Have the child balance on the teeterboard (or other balance board) (with control!) for 10 seconds.
- Have him progress to balancing for 10 seconds with his hands at his sides, looking straight ahead.

Performance Objectives:

- Stimulate internal joint proprioception from "Heavy Work" of jumping
- Develop flexion-extension control of lower extremities
- Stimulate linear vestibular responses

Further Suggestions:

- Use any kind of balance board. Simple ones can be made from a 2x6 board and a large dowel nailed underneath. Many are available from school/athletic catalogs that require slightly different movements to balance.
- When the child becomes proficient, games can be added, such as "reading" numbers and letters on the wall, tossing bean bags, etc.



Pre-K adjustment:
Allow the child an opportunity to experience movement on the teeterboard. Do not expect the child to keep the board level.

Pre-K Approved

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