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:

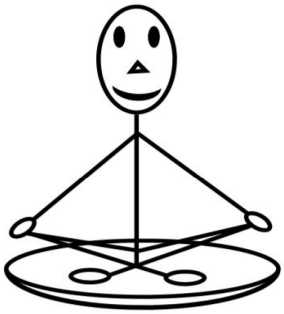
- Have the child sit on the spinning board in a cross-legged position, with his feet supported by the board.
- While looking at his ankles, have him put his right hand on the floor on the right side of his body and push back towards his hip.
- As he spins, have him rhythmically push 10 times with his 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.

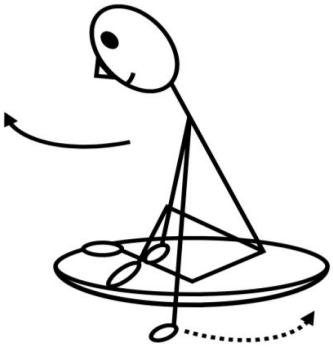
Pre-K Approved

NOTE:

Push 10x with right hand

* STOP for 20-30 seconds *

Push 10x with left hand



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