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!

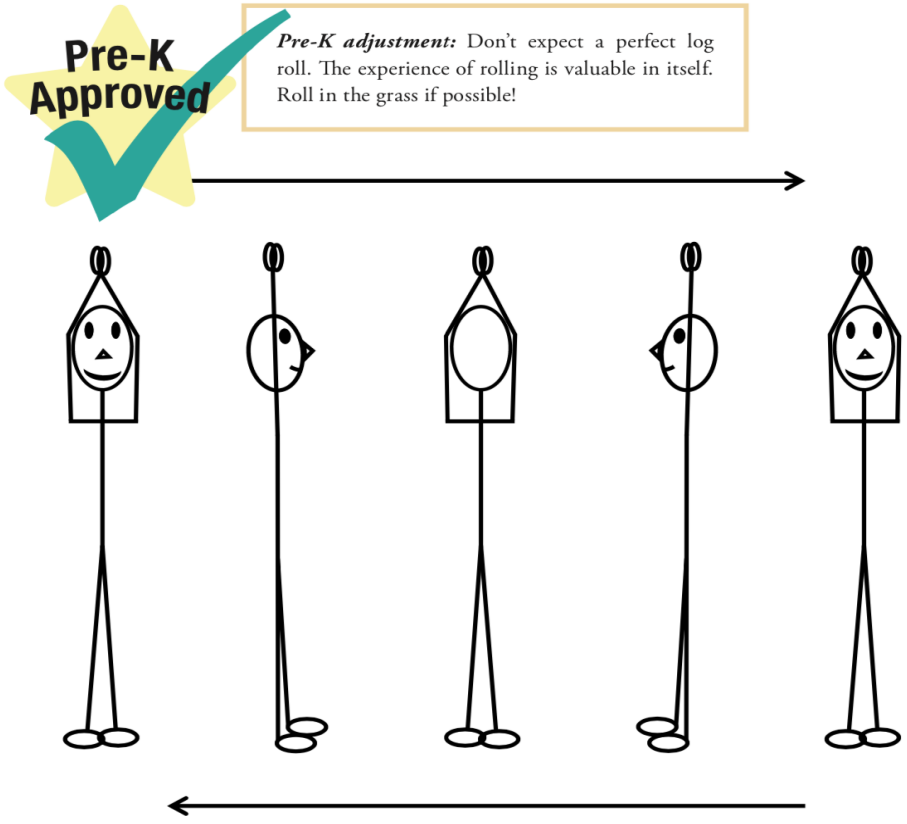
V2

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!

Ready Bodies, Learning Minds © 2016 by Athena Oden, PT /www.readybodies.com/ISBN 978-0-9747827-4-4