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.)

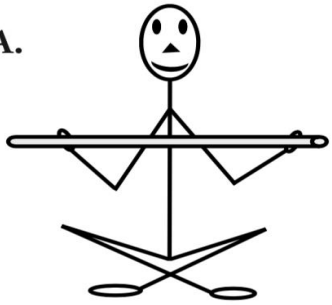
Performance Objectives:

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

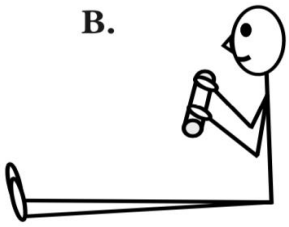
Further Suggestions:

- 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.)

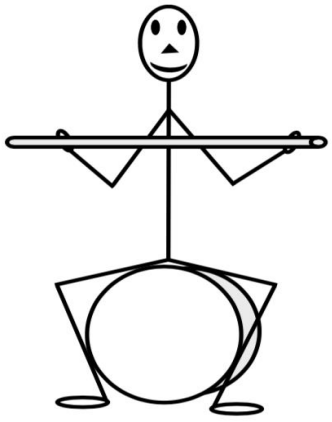
A.



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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