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:

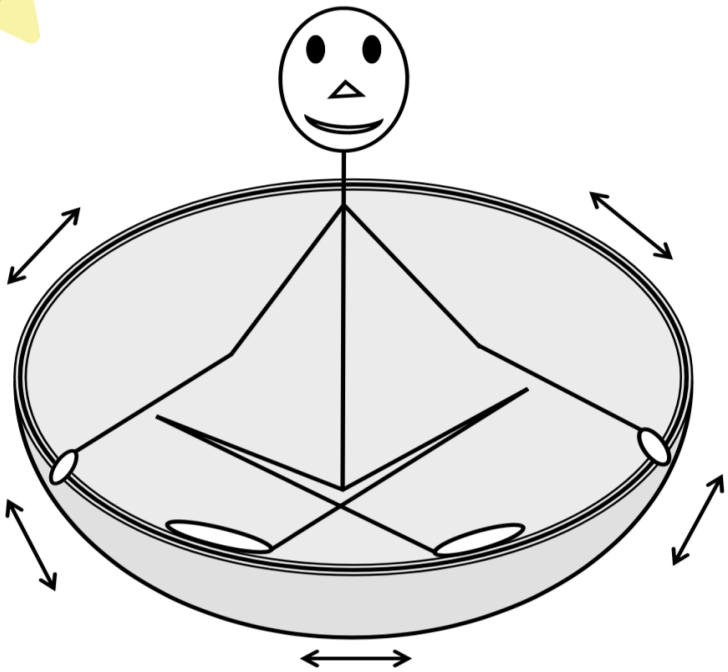
- Stimulate rotary and linear vestibular responses
- Encourage motor control, core stability and trunk control
- Stimulate proprioceptive system with weight-bearing on different areas of body

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