Modifications:

- hold the students' hands and pull the scooter in linear paths (for linear vestibular stimulation) OR in a circular arc for rotational vestibular stimulation
- student spins self on scooter using hands

Vestibular Activity 7

Scooter Drills

Instructions:

- Have the child lie on his stomach on a scooter with his legs extended and off the ground.
- (A.) Have him put his feet against the wall and push off, riding the scooter across the floor.
- (B.) Have a rope attached to a fixed object approximately 18" off the ground. Have him pull himself with the rope toward the fixed object.
- (C.) Have him put his feet against the wall and push off, riding the scooter across the floor. He will start with a beanbag in his hand and drop it in a bucket as he goes past.

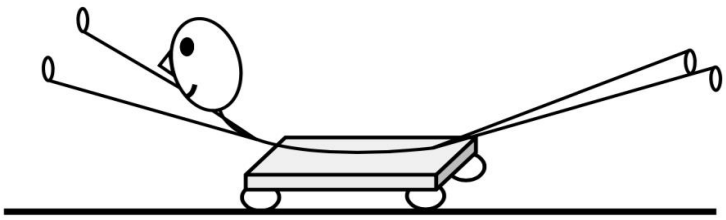
Performance Objectives:

- Stimulate vestibular responses
- Stimulate the proprioceptive system with weight-bearing on the hands
- Stimulate prone extension and core stability

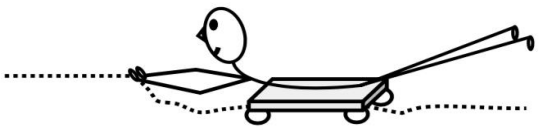
Further Suggestions:

- Can also spin one child within a circle of children. The child will hold one arm out, extended during the spin, pointing to the child who will spin next as he comes to a stop.
- Have both ends of a rope fixed above the ground at the same height and have the child "crawl" under the rope with the scooter.

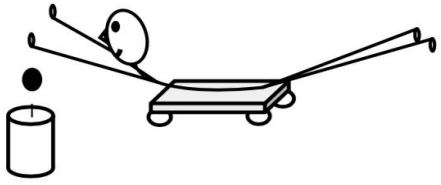
A.



B.



C.



Pre-K adjustment:
The young child may attempt all of these activities, but do not expect full completion of them. Simply scooting around on their tummies, going forward, and spinning, are all great activities. See Further Suggestions for more.

Pre-K Approved

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