



VESTIBULAR ACTIVITIES



VESTIBULAR RESOURCES

WHAT WE DO TOGETHER MATTERS.

WE CARE. WE LEARN. WE EMPOWER.

Vestibular Resources

Our sense of movement and balance is known as our Vestibular sense. This is the sensory system which is responsible for our sense of balance and movement, controlling our muscles, and most of our reflexes.

The vestibular system is stimulated by movement up or down, backward or forwards, and around or over.

It plays a big part in our physiological arousal; fast or rotation movements can be exciting and alerting e.g. jumping on a trampoline, whereas slow, rhythmical movements are often calming and relaxing e.g. being rocked.

Activities that promote Vestibular input

- Swings – linear or rotation
- Sitting in a Rocking chair
- Gaming style floor chair
- Spinning chair
- Balance board
- Yoga – especially inversion poses
- Hanging upside down – this can be achieved at the park, swinging from a tree branch
- Interactive games that have rocking actions e.g. Row, Row, Row your boat
- Swinging in a hammock
- Skipping
- Running
- Paddle boarding
- Kayaking
- Riding a push toy/bike/scooter – downhill increases the input
- Walking across balance beams or equivalent

At home with an
internal
door
pole or

hanging upside down
over a settee or bed.



- Wheelbarrow walking with a partner
- Rock climbing
- Standing upside down with feet up against the wall
- Handstand and cartwheels
- Hopscotch, stepping stone activities - get the child involved in setting up the activity by positioning the items and drawing or painting with either water and paintbrush or chalk on the floor.
- Balance bikes
- Bilibo seats
- Gym ball for rolling on and sitting
- Trampoline/Trampette – with or without a handle (intensive input)
- Scooter boards – on your tummy or sitting. Independently moving or being pulled along. Assisting in the pulling if someone holds the rope still and the child use it to move forward (great proprioceptive work too).
- Obstacle courses that require jumping, crawling, rolling (get the child to help set up to incorporate good proprioceptive activities).
- Always involve the child in the setting up of the activities and let the child direct and develop ideas whenever possible.
- Integrate other activities and games e.g. bouncing on the trampoline and playing catch with a ball or beanbag or laying/sitting on a scooter board and playing shooting games with a ball into a bucket.

Main benefits

- Calming and organising
- Provides proprioception input
- Helps with attention and concentration
- Builds up strength in the body and core muscles – helps with coordination

It is Important to let your child know that you are there to help them, and to let you know if they are feeling scared or sick and to stop the activity immediately. This is really important when an activity tried for the first time. If the child is becoming over aroused, encourage them to stop and incorporate some proprioceptive input if possible.



Let the child choose the activity as much as possible. Some children may need support to start with and for an adult to play alongside. Adults you are going to need to release your inner child!

Fun is the key.....It is essential that the child is having fun.



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