

VESTIBULAR ACTIVITY IDEAS



- Provide child with a role in tidying up or moving around chairs/furniture (allowing heavy work in moving chairs and resources appropriately)
- Run around in the garden or playground for at least 30 minutes
- Frequent movement breaks within daily routine
- Swimming
- Use of swings (appropriately supported seating)
- Slow, rhythmic, and predictable motions (e.g. rocking backward and forward), with or without song
- Encourage use of movement activities like dancing or marching prior to a time when child is required to be calm and still.
- Encourage use of a trampet, a space hopper, swings and slides during outdoor play activities. These activities stimulate and maintain arousal level as well as improving postural stability and strength.
- Encourage participation in reaching, stretching and leaning games.
- Rocking
- In a chair, on your lap, on a rocking toy



- Activities/ songs whilst standing on a balance board (widely available, e.g. <http://www.rompa.com/balance-board.html>)
- Songs with actions
- Try “forwards and backwards”, “the Wheels on the Bus”, “the Grand Old Duke of York”, “Row, Row, Row your Boat”
- Soft play
- Slides
- Being picked up, held tight, held upside down and rolled
- Obstacle courses
- Can be as basic as walking, rolling or crawling over different textures or across a cushion as well as over and under chairs and blankets
- Have child balance/ sit on a ball
- Scooter boarding- laying in prone is particularly helpful in also building core strength and upper body strength

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