

ALERT THE VESTIBULAR SYSTEM

3 mins

The vestibular system is a sensory system that creates the sense of balance and spatial orientation for the purpose of coordinating movement with balance. It tells us how fast we are moving.

1

Jumping jacks



You can modify this by doing just arm jacks or just leg jacks for those with physical limitations

2

Skipping rope



You can modify this by using mute ropes or cutting a skipping rope in half for those with physical limitations

3

Dancing



Turn on some music and dance it out. You can dance from sitting or standing

4

Toss a ball



Toss a ball back and forth from standing or from seated.

5

Yoga- Balance



Practice yoga poses or unilateral standing, where student requires balance.

Types of Vestibular Movement

The vestibular sensory processing system involves several types of movements:

- 1. Linear Movements-** These movements are when the body moves in a straight line. Often occur (but not always) in a repetitive manner. It includes moving back and forth like when rocking in a rocking chair or swinging in a swing.
Examples: *Lateral Linear-* Side to side movements like when shifting weight from one foot to the other. *Up and Down Linear-* Moving up and down like when jumping. *Forward and back Linear-* Moving forward and then back like when swinging on a swing.
- 2. Rotary Movements-** This is when the body moves around in a circle
Examples: playing games like duck duck goose, playing Ring Around the Rosie with friends.
- 3. Orbital Movements-** This is another version of spinning, but the child spins on an axis from the center of the body.
Examples: Spinning in a circle or tire swing. Chairs that spin, such as sensory chair or office chairs that spin from a centre axis.

4. Inverted Movements- Inverted head movements are when the head is positioned below the body