



Activity sheets for kids of all abilities

Balance and body awareness for the **vestibular system**

The vestibular system provides information related to our head position and movement of the body in space. This system is related to functions such as balance, equilibrium, coordination of head and eye movements, body awareness, bilateral coordination, arousal levels (under or over responsive), and attention. The following activities provide vestibular input which may help support overall sensory processing.

Activities to enrich vestibular system

- Wagon rides.
- **Scooters**, skateboards, tricycles, bikes.
- **Merry-go-rounds** or other park equipment that provide spinning/rotating.
- Swings or **hammock swinging**.
- **Rolling games**. Try rolling down a hill or having rolling "races."
- **Jumping on a trampoline**. This can be done outside or even inside on a mini-trampoline.
- Slides.
- Sit-n-spin.
- **Bouncing** on a hippity hop or large exercise ball.
- **Rocking in a rocking chair** or glider chair.
- Tumbling/gymnastics.
- Amusement park rides.
- In the summer when it's hot, a **slip and slide** is a fun way to incorporate vestibular input.
- Jump houses or **bouncy house** (frequently seen at children's parties).
- Jump roping.
- Rocking horse.
- **Animal walks** such as the crab walk or the bear walk.
- Swimming.
- Running races or **running games such as tag**.



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ITEM #	PRODUCT
1588100	TOGU® Bonito the Horse for Pediatric Balance, 20 x 3 Inches, Blue
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1282643	Pull-Buoy Connect-A-Scooter, 16 Inches, Blue
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