

Activity Sheets for Kids of All Abilities: Vestibular System

ACTIVITIES TO ENRICH 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 responsive or over responsive), and attention. Following are activity suggestions which provide vestibular stimulation, thereby enriching this system, to support overall sensory processing. Good sensory processing is necessary for children to adapt to their environmental demands at home, in school, and in the community.

- 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.