

Vestibular System:

To support: slow, balancing activities

Qualities:

- Head upside-down at varying angles
- Slow rolling
- Challenge to stillness, slow fluid movements—(slow motion—walking, stepping, etc)
- Balance beam/board—note: proper use of balance board (stillness)

Horizontal/Developmental movements:

- **Seal Roll—1, 2, 3** full, half, quarter turn, as needed
- **Slow Roly Poly**
- **Grand Crawl**

Upside-down movements**Body Geography—including statues**

End standing: **Apples in the basket**

Tall Trees in the Forest — done with Ingun
Lifting One's Weight

Donkey Kicks—work from desk/table, chair, down to floor as able

Chicken Scratches—same

Introductory Rod Exercise—introductory version of Horizontal Rod Exercise moving S L O W L Y and smoothly:

1. Start with arms down in front, holding the rod, palms facing your body—arms relaxed in this position
2. S l o w l y bend forward/down putting rod on the floor as you look at what's behind you.
3. Rise up s l o w l y leaving arms/hands by your sides.
4. With feet together, jump just in front of the rod—landing with feet together.
5. Pause.
6. With feet together, jump backward so the rod is in front of you again—landing with feet together.
7. S l o w l y bend forward/down to pick up rod, palms facing your body, arms down in front of you holding the rod; rise s l o w l y to standing (as you started).

Note: arms/hands do not raise (no bend at the elbow to lift the arms—arms stay extended down).

Balancing activities:

Straight line exercises (tape to hold string in place for doing with eyes closed)—forward & backward (bkwd as age appropriate—no EC):

- stepping—heel-to-toe, toe drag, cross step
- jumping—zigzag (ft together)
- Side step
- Grapevine (cross over front and/or back moving sideways)

Beam exercises

- stepping—heel-to-toe, toe dip, sidestep, turn/spin, left/right bb

Beanbag Exercises: A/B (2bb), Move In Time (1bb) 5, 6, 7, 8

Practice EL exercises

- while on a chair (stool, book, desk, balance board)—wool winding, skein twisting, eye-finger ex,
- Feet together vs apart

Jump to place or from stool/chair/desk landing both feet together—stick landing

Run & stop—Freeze game

Puppy volleyball—with balloon; 3 limbs on floor at all times—keep the balloon in the air

Outdoor play:

- Walk on logs, stones, beams, inclines, etc
- Rope ladder
- Climbing rope
- Swing—single rope & regular; spinning, etc
- Monkey bars + hang upside-down
- Obstacle course—combine sequences of the above (challenge hearing by choosing order via oral instructions)

Feet—sensitivities can be due to foot-specific early patterns, structure at hips, etc, and can affect balance stability.

- **Pick up and carry** stones, marbles, etc, to place in a basket, jar, etc.
- **Rope 8** with counting or spelling, carry across midline from left side to right side without twisting or leaning the body—do seated and/or standing (use proper stool height)
- Foot writing, drawing—make a story/book; summer project—give a “foot book”
- Marbles between the toes

Running, skipping, etc, movements:

- Gallop—horsey reins
- Skip high and far
- Jump with feet together
- Hopscotch—games—many unique versions can be viewed online.
- Freeze game—randomly shout “freeze” during movement sessions.

Visual

- Flashlight tag—in darkened room, lie supine on floor or bed; using two different colored flashlights (put colored film on flashlight to make it colored), “chase” each other’s light, tagging “it” when you touch it.
- Eye-finger exercise—level 1
- Slow turn->feet together, close eyes, when stop turning.
- Eyes closed activities (+ hearing)—blindfold journey with oral instructions (spatial orientation)

Hearing:

- Gross Motor sequences
- Freeze game
- Give order to activities in sequence