



OT Lens: Un Paso
A La Vez



Vestibular Activities

WHAT IS IT VESTIBULAR?

The vestibular system involves balance and awareness relatively to the body in space (O'Brien & Kuhaneck, 2019). In other words, the movement and posture of an individual. Vestibular activities have been used as a preparatory intervention, in which it is use to help with calming sensory seekers, or emotionally dysregulated children, then following an other activity to assist with improved awareness to their body (O'Brien & Kuhaneck, 2019; Slavik et al., 1984).

This can stimulate the vestibular receptors as vestibular techniques present a back-forth, side-to-side, and spinning movements. This can be presented by having a child sitting upright or laying facing down on a swing, while spinning them.

ACTIVITIES

- Jumping on a trampoline, couch, or bed
- Laying upside down on a yoga ball
- Swinging back and forth or side-to-side
- Obstacle course
 - Consisting on crawling, balance, and coordination

IMPORTANT INFORMATION REGARDING SPINNING ACTIVITIES



- Spinning in a rocking/rolling chair (clockwise and counter clockwise) for a maximum of 10 times.
 - But, begin with low number of spinning like 1 or 2 times until the child gets use to that number.
- Using the same steady speed and tempo for each spin (sing or listen to a lullaby)



REFERENCES

- O'Brien, J. C., & Kuhaneck, H. (2019). Case-smith's Occupational Therapy for Children and Adolescents - E-book (8th ed.). Mosby
- Slavik, B. A., Kitsuwā-Lowe, J., Danner, P. T., Green, J., & Ayres, A. J. (1984). Vestibular stimulation and eye contact in autistic children. *Neuropediatrics*, 15(1), 33-36. <https://doi.org/10.1055/s-2008-1052337>

****Please consult a licensed occupational therapist or healthcare practitioner to ensure the activities are appropriate for your child. ****



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