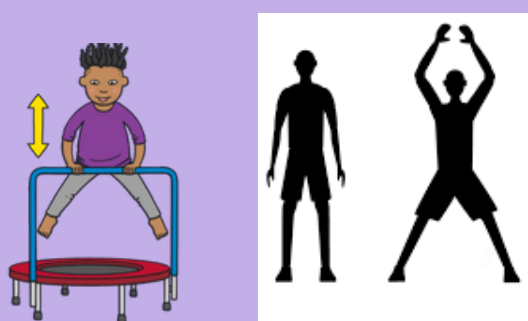


VESTIBULAR (MOVEMENT) INPUT

Jumping



Engagement ideas:

- Jumping/hopping on the spot
- Jumping jacks
- Jumping on the trampoline (ensure a strict time limit is set for this)

Therapy ball



Engagement ideas:

- Bouncing whilst seated on ball
- Request the student to roll over the therapy ball backwards and forwards. The student may need support by holding their hips to ensure they remain stable.
- Rolling over the ball the student can collect items from the floor and place them in another location

Balance board



Engagement ideas:

- Students to attempt to maintain balance for as long as possible on balance board
- Flip to balance board over to be included as a bridge in a circuit

Peanut rock



Engagement ideas:

- Prompt student to sit on the mat, hold knees and rock back and forth

Animal walks



Engagement ideas:

- Frog jumps - request the student to squat like a frog then jump as high and far as they can to the next marker
- Bear crawl - student to walk like a bear, ensuring their hips are above their head

Log rolling



Engagement ideas:

- Request student to begin lying on their back and log roll to a set destination. Ensure explicit engagement is set for this activity e.g. 3 log rolls then finish.



Children and
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