

The Vestibular System

The vestibular system is our positional sense, telling us about our position in space and helping us process movement experiences.



Quick Wins

SWINGS

Rhythmic side to side or forward and back movements can be calming while spinning can be alerting.

UPSIDE DOWN PLAY

Try yoga, animal walks, and somersaults! Great for self-regulation, focus, and attention.

WIGGLE SEATS

A great option for the classroom to provide subtle movement input for fidgety kids.

JUMPING

Jumping down from a raised surface or jumping on a trampoline give vestibular and proprioceptive input!