



## ACTIVITIES WHICH PROVIDE VESTIBULAR STIMULATION

### SUGGESTED ACTIVITIES:

- Play on most playground equipment.
- Riding a scooterboard in various positions doing different activities (catching a ball, pushing self with hands on feet, being pulled by hands).
- Any rocking activities.
- Tumbling and gymnastic activities.
- Summersaults.
- Bounce through an obstacle course on a hippity hop.
- Rolling in different ways, such as on a barrel, tire, old blanket, or in grass.
- Jumping on a trampoline, land on seat/feet/knees.
- Any dance/movement activities.
- Swinging.
- Pulling the child with a stick or rope while he is sitting on a scooterboard.
- Swimming, diving, games in the pool.
- Rolling up and unrolling in a blanket.
- Practice hula hooping.