

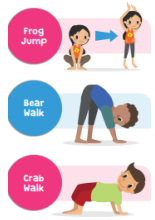
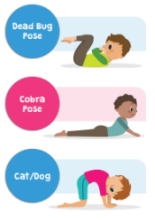


Sensory Activities - Vestibular

What are sensory activities?

Sensory activities can be used to support the child or young person to have a balanced amount of sensory information throughout the day in order to provide the right level of sensory input to support their regulation and function. We all need sensory information to stay calm and focused and the sensory activities can be integrated into everyday routines.

The following activities focus predominantly on the use of the vestibular system.

Calming activities

			
Animal walks	Yoga	Gym ball games	Rock and Roll

Alerting activities

			
Playing twister	Balancing Activities	Dance activities	Playground games

Wheels and things

			
Scooterboard / Skateboard Games	Skatepark	Bike rides	Skating

Playground activities



GIG
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WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

			
Swings	Spinning Roundabouts	Climbing frames	Bouncing on trampoline

Guidelines for using Sensory activities

- Watch the child's behaviours and reactions at all times and if an activity is over arousing a child or under arousing them stop and do not continue. This is because too much sensory information may cause the sensory system to shut down or the child becomes over aroused.
- Allow the child to be in charge of the activity as long as it is safe to do so. Sensory activities should be given under supervision of an adult.
- Ensure that you prepare the child for the activity they are going to undertake using verbal or visual instructions as this will support them to learn the steps of the process.
- Sensory information should be given over short periods of time.
- Reflect on what the child was doing before and after the activity and does it make any difference to their performance.
- Please only use the equipment provided for what its intended use is and follow instructions and the information.