

Vestibular Sense

Vestibular avoiding behaviours

- Fear of movement activities
- Fear of lifts
- Dislike being turned upside down or picked up
- Can appear clumsy or un-co-ordinated
- Can appear stubborn
- Avoids stairs or holds on tightly to the handrail
- Fearful around playground equipment such as swings, slides, roundabouts

Vestibular seeking behaviours

- Unable to sit still
- Needs to be in constant motion (rocking, fidgeting, swaying, spinning)
- Can be very impulsive
- Can't get enough movement
- Runs everywhere instead of walks
- Takes unsafe risks both in indoors and outdoors
- Prefers to be upside down or hanging off the sofa or chair

Vestibular Activities

- Jumping on a trampoline
- Riding a bike
- Swinging
- Spinning
- Hanging upside down
- Fitball activities
- Push-pull (row your boat)
- Balancing
- Skipping
- Obstacle course