

VESTIBULAR ACTIVITIES FOR SENSORY PROCESSING DYSFUNCTION

1. Rocking chair
2. Rides in your lap
3. Rides on a crossed leg
4. Therapy ball bouncing or rolling or side to side
5. Row, row, row your boat song
6. Yoga exercises for children
7. Ring around the Rosie
8. Magic mountain on your knees, lower one then the other and up again
9. Swings-both outdoor swing sets and indoor hammock type
10. Activities on therapy ball
11. Walking, Rolling, Sitting on air cushion such as blow-up air mattress
12. Rocker board
13. Slides
14. Have two adults hold the ends of a blanket. Lay the child on the blanket, pick up the blanket, pick up the ends and swing it forward-backward and side to side. Also, lift one end higher and alternate so child rolls inside blanket (also good for deep pressure proprioception).
15. Jumping on trampoline
16. Sit 'n Spin
17. Rough-housing—swinging child, holding over shoulders
18. Door frame climbing and jumping down
19. Wall walks-walking up a wall with the feet in a 'prone' type position, feet go from the bottom of the wall and walk their way up to a handstand position. Hold and then can somersault off and over.
20. Dancing with one's child to music-parent holding them hugged up against them in the air.
21. Horseback riding
22. Jumpoline
23. Head stands
24. Summersaults
25. Rolling
26. Sitting in an office chair and spinning it for rotary movement
27. Scooter board
28. Dizzy disc
29. Sitting on top of a sheet or blanket and have someone pull it across the floor (linear and angular movement).
30. Rolling on grass especially down slopes
31. Riding elevators or escalators
32. All kinds of Ferris wheels, bumper cars, and other fair rides
33. Roller blades
34. Walking on pillows and cushions
35. Swing hung low so that feet can touch the ground
36. Rolling and rocking in a padded barrel, peanut therapy ball, or egg shaped therapy ball
37. Climbing wall
38. Swimming and pool play
39. waterslides and tubing
40. Tia Chi
41. Tae Kwon Do
42. Karate