



Remember sensory processing is complex.

Its different for every child (& adult) because everyone is unique!

And more importantly there is never a 'wrong' way to be!!

**Specific Advice:**

**Potential professions :-). ....**

- Parkour free runner
- Fighter pilot
- Theme park ride developer/ tester

Name:

**If you have any queries please contact your therapist.**

Our details:

Therapist name:

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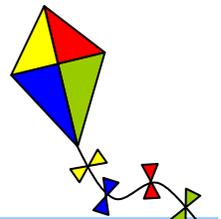
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**These activities should be carried out in a safe environment and supervised by a responsible adult.**

# Vestibular



# Seeking



What do we mean by vestibular seeking?

‘Someone who looks for MORE movement experiences from everyday situations’

Does your child....

- Seek movement
- Can't sit still
- Thrill seeker, likes fast movements /spinning
- Rocks/spins self

For those individuals who ‘seek’ specific sensory information, the aim is to **increase the intensity** of sensory experiences within daily activities

Provide movement opportunities throughout the day especial before & following focused or desk based activities  
Ideas to try.....

#### Classroom based activities

- Hand-out equipment within the class (pencils, ruler, books)
- Bring work up to the class teacher
- Complete ‘wake up, shake up’ activities – star jumps, jog, hop, jump
- March on the spot
- Take a note to another class
- Help move tables, chairs or put chairs on the table to tidy up
- Have a trampette at the back of the classroom to jump on (others could also use this)
- Complete work stood up, kneeling (against a vertical surface) or lying down (working on the floor) to encourage a regular change of position.
- Use a wobble cushion on own chair or sit on a gym ball

#### Ideas for outside activities

- Go for a walk around school
- Complete an obstacle course (over, under, around, through)
- Trampette/trampoline
- Swings, climbing frame
- Running, skipping, dance, swimming
- Sit and bounce on a gym ball/ space hopper
- Ride a bike

#### More ‘extreme’ activities

- Pogo stick
- Treadmill
- Climbing wall
- Circus skills
- Gymnastics
- Amusement park rides

Quick (& rotational) movements tend to be alerting, slow (& linear) movements tend to be calming.  
Try these ideas...

- Break up sitting and doing tasks to re-energise the system.
- You may need to experiment with the amount of time spent on activities as all children respond differently, and often vary day to day.
- Start with 5 minutes before lessons and then pick one activity to do during lessons every 15-20 minutes.
- If individuals become overly excitable/ giddy, continue with the movement activities but add in additional proprioceptive activities.

The aim is to maintain an optimum arousal state in order to engage in learning.

#### **Home based**

- Help lay the table before meals (going to collect items from a different room)
- Age appropriate rough play & safely (watch your backs)