

Balance - Level 2

2.1.2 Spinning Wheel

Lie on your tummy. Use your arms to help you spin around on your tummy, pretend to be a spinning wheel or carousel. Vary how far the spinning wheel spins and change your direction and speed, stop and start. Can you do this in sitting as well?

Purpose

To promote the processing of vestibular information in a stable position.

To regulate muscle tone.

Observation

Can the child spin on their tummy?

Do they use their arms?

Can they stop, start, vary speed and direction on command?

Equipment

Mats

Small slip sheets