



## Bank of sensory ideas

### Vestibular (Movement)

The vestibular system is our movement system. The receptors are located in the inner ear and detect the speed and direction of movement and the pull of gravity. A child who is under responsive may constantly move in their seat/wander around the room/appear hyperactive or impulsive in order to keep their brain alert or loose attention easily. A child who is over responsive may avoid movement activities e.g. PE/outdoor play or experience an extreme response hours after a movement activity e.g. swing/roundabout (Ref – MCA website)

#### Jumping on the trampoline

observe closely so as to not overstimulate



#### Bouncing on peanut roll/rolling over peanut roll - linear



#### Balance board



#### Sit'n'move cushion



#### Movement breaks



#### Jumping

observe closely so as to not overstimulate



Platform swing (as part of OT sensory circuit) observe closely so as to not overstimulate

#### Swing





**Scooter board**



**Go for a walk**

