

## VESTIBULAR STIMULATION

- Jump on a mini trampoline
- Jump on the bed
- Jump off a step into a pile of pillows or bean bag chairs
- Pull around the floor in a box
- Pull around the floor on a carpet square or sheet of plastic (either by holding a rope or onto what the child is riding on).
- Swing in a blanket or parachute swing with 2 adults holding or suspending the ends.
- Bounce on a bouncy horse with up and down and back and forth motion.
- Rocking horse
- Rocking chair
- Hammock swing – on stomach, while doing an activity (knock over cones, throw bean bags, catch a ball, pick up toys, etc.)
- Hammock swing – laying on back while bumping into pillows
- Hammock swing – moving back and forth or side to side
- Hammock swing – with rotation, and changing direction quickly (this is arousing)
- Hammock swing – slow rocking will be calming
- Hammock swing – swing in sitting posture and quickly stop by catching feet
- Hammock swing – in swing, quick back and forth movements by pushing and pulling feet
- Hammock swing – swing suspended with bungy cord for up and down movement (use in seated or on stomach posture)
- Trapeze swing, swing to kick a target, land on pillows or in inner tubes
- Disc swing, round swing, suspended in middle with a single rope
- Dual action swing – sling to put legs in for 2 people and swing around each other
- Air pillow, waterbed mattress with air in it for crashing onto, rolling, being bounced and in the air, crawling over, and trying to maintain balance.
- Slide – various heights and directions, and landing on various surfaces
- Rolling – over various surfaces, down inclines, up in a blanket, up hill, over people
- Scooter boards – crash into pillows, knock over cones, down inclines, on stomach, on bottom, push self from a wall.
- Hoppity Hop balls
- Sit and spin
- Flip up onto shoulders and jounce or spin
- Roller racer
- Slip and slide
- Jumping on bottom on large therapeutic balls
- Po-Go balls
- Jump rope
- Po-Go sticks.

Printed with permission from Bridges Paediatric Rehabilitation Services, Box 1069, Sechelt, BC V0N 3A0