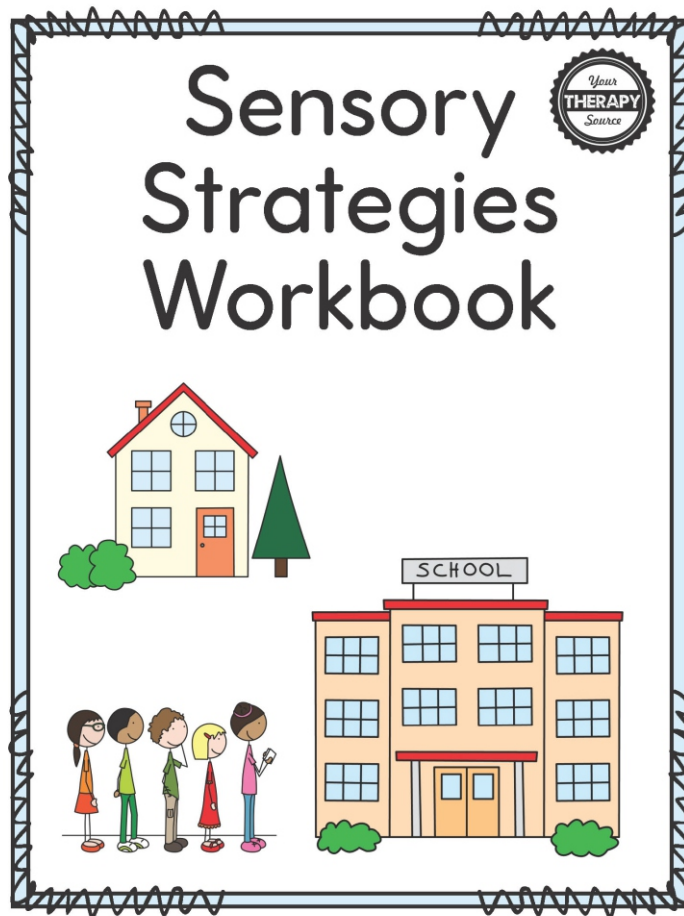
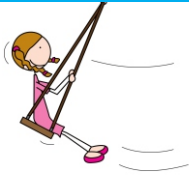


Visit
www.YourTherapySource.com
and check out the
Sensory Strategies Workbook
for more ideas!



Vestibular Input Activity Ideas



swing fast



swing slow



use tire swing



use the slide



go upside down



rock in chair



play on scooter board



rock on horse



bounce fast



tag games



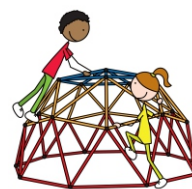
bounce slow



spin in one direction



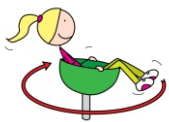
trampoline



climbing gym



dance



go on spinning chair or toy



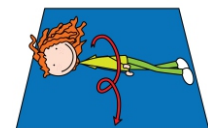
ride bicycle



walk or run up/down hills



play sports



log roll



do work standing up



sit on air cushion



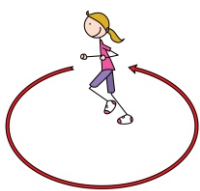
play hopscotch



jogging



go to playground



run in large circles



rock slowly on back



skating



ride scooter



jump rope