

VESTIBULAR

Our sense of balance



What is our vestibular sense?

The vestibular sense is our sense of balance. It allows us to stay upright, stable and to navigate our environment.



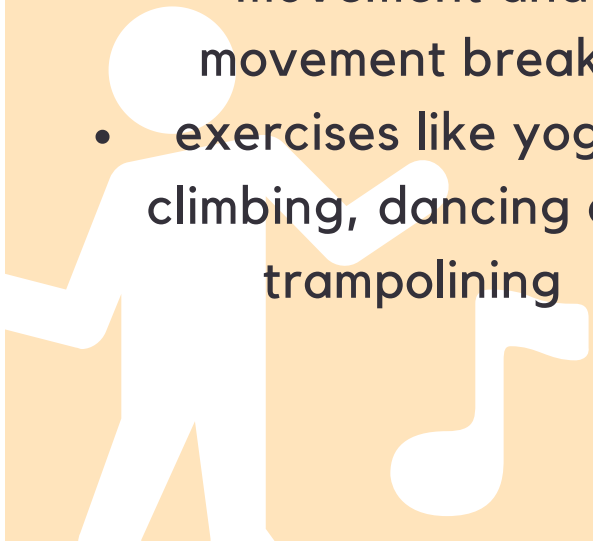
What does undersensitivity look like?

- likes climbing
- great balance
- never seems to get dizzy
- enjoys swings
- always on the move
- enjoys spinning
- loves fairground rides

What does oversensitivity look like?

- avoids swings, slides and climbing frames
- poor balance
- likes to stay still and on the ground
- avoids rough play
- afraid of heights, lifts, escalators

What helps?

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- heavy work activities
 - movement and movement breaks
 - exercises like yoga, climbing, dancing and trampolining

What helps?

- slowly introduce them to new activities
- allow them time to get used to a new activity
- guide and support them physically with new activities