

Vestibular seeking

Signs & Activities

Vestibular seeking means the child is always looking for movement and input to their body. They feel calm and happy when they are moving...

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Development Centre

Signs:

- Loves to spin, swing, rock, or climb.
- Enjoy fast or intense movement.
- Always on the move, finds it hard to sit still.
- Seeks rough play.
- Jump from heights without fear.
- Likes to be upside down or hanging.
- Bump into people or objects.
- May take risks during play.
- Look for movement all the time.

Activities:

- 1. Swinging :** Use a swing (back & Front ,side to side or circular).
- 2. Spinning :** Spin in a safe space or on a swivel chair (slowly).
- 3. Jumping Activities :** Trampoline, jumping on a mattress or soft surface.
- 4. Climbing :** Climb on a safe play structure, ladder or stairs.
- 5. Rolling :** Forward rolls, log rolls on the mat.
- 6. Animal Walk :** Bear walk, crab walk, wheelbarrow walk.
- 7. Balance Activities :** walking on a balance beam, stepping stones or line.
- 8. Movement Breaks :** Short movement breaks between tasks (jump , stretch , spin).