

Bear Play

- Adult is the bear, on their hands and knees. (No need for role play ... it's all about the movement play.) Child climbs on and the adult gently tries to tip them off - while they try to hang on. (Look after your body adults. Say 'enough' when you need to.)

starting points for games that will give the vestibular system lots to do, because they involve tipping, tilting and going upside down. Let your children grow the games in their own ways ...

Body Ball play

- A Body Ball is one of those huge, sit-on balls used in the gym for core strength exercises - only, if possible, you want a really good, soft one (look in the JABADAO shop for the best we can find).
- Don't blow it up fully, so it is very squashy and inviting and much safer ... it doesn't throw you off so easily
- Child lies over, or sits on, the body ball in any way they choose. Back, side, tummy, upright ...
- Adult supports them as necessary, a lot or a little. Use the lightest support you can, but make sure they are safe. Child finds what their body loves to do; their choices maybe very revealing about how stable they feel when things get unpredictable
- it's the rocking, tipping and tilting, in all the different positions, that makes this great vestibular work

Little Elastic

- Sit on the floor - adult holds the Little Elastic tightly so child can pull away with all their might
- Pair play: one sits inside the Elastic and one outside; or both inside.
- Children will find games with each other, adult standing by to make sure it stays safe
- The Elastic prompts the play the play ...

Swing

- Using a strong blanket, or a sheet, or even a big towel for a little body, child lies on it and adults swing them
- Watch, watch, watch their face to see what they like. Make sure they are in charge of the amount of swing. Only they know what feels right for their system
- Resist the temptation to think more swing equals more development. Too much vestibular activity can overwhelm and make you feel horrible

building sensory
foundations
vestibular sense

SAFE, COMFORTABLE & HAPPY BODIES

It's more important than ever to follow the child, with these vestibular games. And to support those whose systems have still got lots of developing to do. Some will need them to be super-gentle. Others will need help to get lots of stimulation, but not overwhelm themselves