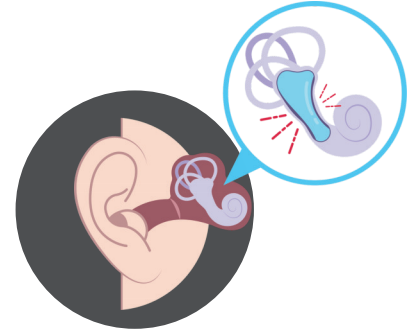


VESTIBULAR INPUT IN THE CLASSROOM

VESTIBULAR SYSTEM

The vestibular system involves structures in the inner ear that help our body keep our balance, maintain our posture, and coordinate our movements. It is very sensitive to movement and changes in position. The vestibular system helps our brain keep track of our movements and orientation to things around us. When the vestibular system is not working properly, we may feel dizzy, and unsteady and have difficulty keeping our balance.



ASD & ADHD

Evidence suggests that children with Autism Spectrum Disorder (ASD) and Attention-Deficit Hyperactivity Disorder (ADHD) may be hypersensitive to vestibular stimulation, or more sensory seeking, compared to other children. These differences may present as:

- Sensitive: avoid and dislike motion, experience dizziness, vertigo, nausea caused by changes in position, sensitivity to light and sound, balance issues, anxiety and motion sickness.
- Sensory-seeking: tend to spin, twirl, swing, rock, jump or bounce. Difficulty sitting still more than other children.



CLASSROOM APPLICATION

Sitting for prolonged periods of time can lead to decreased attention, concentration and academic performance. Children who require increased vestibular stimulation may benefit from:

SENSORY CORNERS

Swings, hammocks, swivel chairs, tilt boards, balance boards and so on

BRAIN BREAKS

Jumping, hopping, spinning, balance exercises, stretching, deep breaths

OUTDOOR ACTIVITIES

Outdoor walks, obstacle courses

SENSORY TOOLS

Fidgets, stress balls, weighted blankets

SEATING OPTIONS

Stability balls, wobble stools, balance cushions

CLASSROOM LAYOUT

Standing desks, reading beanbag chairs

