



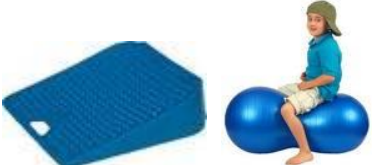







OCCUPATIONAL THERAPY HAND-OUT


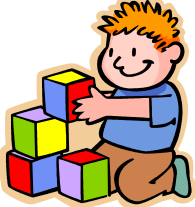

Vestibular (Movement) activities

Activity	What to do
<p>Wheelbarrow walking</p> 	<ul style="list-style-type: none"> ★ Wheelbarrows – hold child under at their hips or knees while they walk on their hands (when they get stronger hold them at the ankles). Motivate your child by encouraging them to go further each time. Vary the activity by getting them to carry something on their back or set up an obstacle course such as going over a cushion or around a table.
<p>Bouncing and jumping</p> 	<ul style="list-style-type: none"> ★ Jumping on the trampoline, space-hopper or on a pogo stick in a rhythmical movement provides proprioceptive (deep pressure through the feet and legs) as well as vestibular input (movement). ★ Jump on the spot
<p>Playground equipment</p> 	<ul style="list-style-type: none"> ★ Go to the outdoor area and let the child play on the slide and if available, the swings. ★ Movement breaks before activities will help him to focus on the task longer ★ Climb monkey bars, ladders or hang on the trapeze swing. ★ Play in the outdoor sandpit using spades, rakes, digging tools and buckets.
<p>Large therapy ball</p> 	<ul style="list-style-type: none"> ★ Bouncing on large therapy ball provides movement input as well as proprioceptive input up through the feet and bottom. ★ Hold the child firmly around his waist and bounce them up and down pushing them into the ball.
<p>Move-n-sit & therapy ball</p> 	<ul style="list-style-type: none"> ★ Sit on a move-n-sit cushion for carpet time or therapy ball during seated activities so that the child can receive some movement input to assist with his attention.
<p>Naturally occurring movement activities</p>	<ul style="list-style-type: none"> ★ Naturally occurring movement activities also provide input. ★ Wash desks or tables ★ Wipe chalk boards ★ Open doors for others ★ Collect books and carry these

	<ul style="list-style-type: none"> ★ Hand out fruit to others
<p>Rolling and crash bang activity</p>	<ul style="list-style-type: none"> ★ Regular use of soft play room, roll on the ground, and crash/bang/jump around.

Additional movement and heavy work activities

<p>Cooking/Meal Times</p> 	<ul style="list-style-type: none"> ★ Eat crunchy foods e.g. carrot sticks, apple, nuts, nutra-grain, muesli bars, rice crackers ★ Eat chewy foods e.g. fruit leather, liquorice, sultanas, chewy muesli bars, meat ★ Suck thick liquid through a straw e.g. thick shakes or smoothies, try using a thinner straw or a novelty straw ★ Chew on ice or frozen peas ★ Help to wipe the table clean ★ Assist with taking the rubbish out ★ Stirring, needing, squeezing, rolling food when cooking or using tongs/scissors to help etc.
<p>House Chores</p> 	<ul style="list-style-type: none"> ★ Mop/wipe the floors, tables ★ Wash windows ★ Wash the car ★ Push furniture whilst you vacuum ★ Help to carry the shopping in from the car ★ Help to carry the laundry basket to the clothes line, and help lift items as far as they can to the washing line, pushing and pulling the washing trolley ★ Opening and closing pegs, both big and small ones
<p>Travel</p> 	<ul style="list-style-type: none"> ★ Wear a backpack with a heavy drink bottle inside ★ Drinking through a straw, chew on a nuk brush ★ Help carry items and bags to and from the car ★ Squish squeaky (not if they are sensitive to sound) squeezey toys ★ Clap to songs ★ Eat chewy, crunchy foods (only if safe to do so)
<p>Gardening</p> 	<ul style="list-style-type: none"> ★ Push a child size wheelbarrow ★ Carry buckets/watering cans of water to water the plants ★ Water plants with a water spray bottle ★ Digging in wet sand ★ Raking the leaves with child size rake ★ Sweeping ★ Pulling out weeds
<p>Bath/Shower Time</p>	<ul style="list-style-type: none"> ★ Squeeze water out of sponges/flannels in the bath – try to sink a boat ★ Water pistols or water spray bottles ★ Squirt water toys

	<ul style="list-style-type: none"> ★ Pouring water from container to container ★ Chew and bit on flannel or wash cloth ★ Pat, rub squish, squeeze or bear hugs when drying your child
<p style="color: magenta; font-weight: bold;">Indoor Play Time</p> 	<ul style="list-style-type: none"> ★ Animal walks e.g. crab, bear, bunny hops, kangaroo... ★ Carry bean bags/wheat bags on their shoulders, heads, hands ★ Bounce on a therapy/fit ball (read their cues carefully here, as they can get really revved up) ★ Pinch, roll, squish, squeeze, push, poke and pull play-dough, plasticine or thera-putty ★ Pop bubble wrap with hands and fingers or jump on it ★ Fall, bang, crash, smash, into a bean bag ★ Sing 'row row row your boat' providing resistance as she/he pulls and pushes ★ Sip/suck water from a water bottle with a thin straw (cold water is alerting, warm water is calming) ★ Play crash games with cushions, on the sofas/bed, pillow fights ★ Dance and jump to music videos/cds e.g. wiggles, Hi 5 ★ Play sausage rolls, pizza's and sandwich games with their whole body or parts of your body ★ Wrestling and rough housing games ★ Suck/chew on teething rods, champing sticks, chewy-tube and nuk brushes ★ Clapping/stomping to action songs
<p style="color: magenta; font-weight: bold;">Outdoor Play Time</p> 	<ul style="list-style-type: none"> ★ Jump on the trampoline ★ Animal walks e.g. crab, bear, bunny hops, kangaroo... ★ Tug of war games ★ Hanging and swinging games e.g. monkey bars, climbing frames ★ Digging in the sand box (wet sand), carrying buckets of sand ★ Climbing activities on playground equipment ★ Kicking a football or catching and throwing different balls (heavy ones are great e.g. basketballs) ★ Jumping and rolling games e.g. star jumps, jumping over things ★ Squeeze a horn on their bike ★ Blowing games e.g. whistles, bubbles, harmonica ★ Ride a trike, tricycle or play-car ★ Wheelbarrow walks