



Proprioceptive and Vestibular ideas to integrate

- Jumping on trampoline or
- Log rolling- roll back and forth to retrieve objects or over the top of a therapy ball (roll to collect a ball and back to put it in a basket)
- Scooter boards – tie a rope to the board and use it to pull self along
- Bouncing on large ball
- Jumping rope
- Imitating head positions/hanging upside down e.g. over ball
- Slides and climbing on playground equipment
- Shake and stretch body
- Pass ball over head and through legs
- Create an obstacle course to crawl under, over, through chairs, cushions, pillows, etc.
- Swinging
- Swaying in a hammock
- Lying upside down
- Rhythmic bouncing or rolling on large therapy ball
- Pulling child on a blanket or parachute
- Swinging in a blanket between two adults
- Massage
- Crawling through tunnels
- Joint compressions

Messy Play and Tactile activities:

- Use a variety of wet, squishy and dry messy play to extend her tactile integration
- Encourage a range of play strategies e.g. filling and emptying, squish, pull, pour

- Allow her to put hands, arms, feet in.
- If possible explore different temperatures using ice, cold, warm substances (food could be ideal here think custard!)