

# Sensational OT Tip of the Month

## Movement Tools

### Do you know children that ...

1. Are always on the move, twirling and bouncing through their day?
2. Love to hang upside down?
3. Have a hard time keeping a “quiet body”?
4. Get “stuck” on screen time with high action games?

These children might have a high need for vestibular input. The vestibular system has receptors in your inner ear to tell you about movement. Since the receptors are in your inner ear this system is stimulated by changes in head position such as spinning, swinging, hanging upside down. Some sensory seekers are craving movement opportunities throughout their day. Moving visual images may fill part of that intense need for a movement seeker. Behavior can deteriorate when there is limited motor activity.

## Sensational Ideas for Movement

1. Evaluate your playground for opportunities to swing, slide, hang upside down, rolling down a hill.
2. Never take away recess as a punishment or time to “catch up on work”. This is a need, just like food and drink.
2. Take a dance break with actions that get the head moving.
3. Provide a rocking chair, ball chair or “wobble seat” (inflated cushion) during story time or desk time.
4. Limit screen time and substituting gross motor activities and games.

For more information on the vestibular system, go to:

[http://www.zoemalloux.com/uploads/1/6/0/8/16088620/vestibular\\_system\\_why\\_is\\_it\\_so\\_critical.pdf](http://www.zoemalloux.com/uploads/1/6/0/8/16088620/vestibular_system_why_is_it_so_critical.pdf)

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