








Vestibular and Proprioceptive Movements

Does your student love to use swings, spin around, or jump? These movements provide a lot of sensory input, which is the way we take in information about the world and our bodies. Certain kinds of sensory input can help many of our students calm down when they're anxious, upset, or have too much energy. Sometimes when energy is low, sensory input can help them perk up so they're ready to learn.

Two kinds of sensory input are vestibular and proprioceptive. Vestibular sensation comes from movements that involve twisting, spinning, rocking, turning upside down, or moving fast. Proprioception is our internal knowledge of where our body parts are. We get a lot of this information through our joints, so proprioceptive sensory input comes from movements that put pressure on joints like jumping or putting weight through the limbs.

Here are some movements you can try with your student to help them calm down or perk up. Everyone is different, so try them to see what works for your family.

Jumping Jacks		Torso Twists	
Windmills		Toe Touches	
Downward Dog		Log Rolls	
Push-ups or planks		Somersaults	