

Movement Snacks – Vestibular

Whole Group Activities

• *Jumping & Turning Patterns*

Students can stand at their desks and jump in place, turning a quarter turn each time. Cue them to “jump north, east, south, west!”

→■ **Why it works:** Combines up-and-down with rotational input.

→■ **Effect:** Alerting and organizing.

• *Chair Rocking or Seated Twists*

If space is tight, have students stay seated and do small body rocks (forward/back or side-to-side) or gentle trunk twists.

→■ **Why it works:** Subtle movement still engages vestibular receptors.

→■ **Effect:** Calming or alerting depending on speed. Slow is calming...fast is alerting!

• *Challenge their Balance – Flamingos or Balance Sequence (Stable Table)*

Use your SMART Curriculum Guides to challenge students' balance while standing or on their hands and knees in a table top position. *SMART Curriculum Guide page 47 and SMART PreK CORE guide page 37

→■ **Why it works:** Slow, controlled balance helps us to absorb sensations and build our ability to be still.

→■ **Effect:** Calming and focusing.

• *Helicopter Spins*

Students stand in one spot and do slow controlled turns — 15 seconds spinning and 15 seconds stopping to freeze.

→■ **Why it works:** Spinning and stopping send information to the brain about movement in space and how stillness feels.

→■ **Effect:** Rotary vestibular input — alerting for attentiveness.

• *Animal Walks around the room*

Have the class move around like animals — bear walk, crab walk, frog jumps, or alligator crawl.

→■ **Why it works:** Changes in head position and body inversion activate the vestibular system.

→■ **Effect:** Alerting and organizing.

Individual Movement Breaks

- ***Swinging (linear)***

How: Use a swing or rocking chair slowly and rhythmically for 1–3 minutes.

Effect: Typically calming and organizing.

- ***Swinging (rotary)***

How: Sit on a saucer or swing and gently spin in a controlled way.

Effect: Alerting/activating if faster or rotary.

- ***Rebounder***

How: Give repeated jumps on a small trampoline or rebounder for 1–2 minutes.

Effect: Strong vestibular + proprioceptive input.

- ***Wheelbarrow walking***

How: With adult support, a student ‘walks’ on hands while their legs are held.

Effect: Intense vestibular/proprioceptive input and upper-body strengthening.

- ***Forward rolls / Somersaults***

How: Perform controlled forward rolls on a safe, padded surface.

Effect: Good vestibular stimulation and motor planning.

Note: Slow, rhythmic motion tends to calm. Fast, dynamic movement tends to alert. End with grounding activities like deep breathing, stretching, or gentle pressure.