

How to Support Vestibular Sense

Vestibular sense provides information about where the body is in relation to its surroundings. This is the sense that helps you understand balance, and it connects with all the other senses.

- **Spinning in circles.**
 - **Using a Merry-Go-Round.**
 - **Rolling down a hill.**
 - **Spinning on a swing.**
 - **Going upside down.**
 - **Climbing trees.**
 - **Rocking.**
 - **Wheel-barrel walks.**
- **Jumping rope.**
 - **Summersaults or cartwheels.**
 - **Using monkey bars.**
 - **Skating.**
 - **Going backwards.**
 - **Swimming.**
 - **Dancing.**

How to Support Proprioception

Proprioception is what tells you where your body parts are without having to look at them. This is the sense that helps you make sense of gravity.

- **Carrying or lifting boxes.**
 - **Pushing or pulling a wagon.**
 - **Build a fort.**
 - **Rake leaves.**
 - **Shovel snow.**
 - **Pick up and put down heavy sticks.**
 - **Dig in the dirt.**
- **Carry buckets of sand or water.**
 - **Give big hugs.**
 - **Knead playdoh.**
 - **Jump on a trampoline.**
 - **Chewing on something.**
 - **Squeezing a stress ball.**
 - **Playing Tug-O-War with a stretchy band.**