

## Quick Idea for Unit 1.5 Get Those Heads Moving

For pre-walkers and toddlers:

- *Vestibular Peek-a-Boo* – Hold the child upside-down and then right side up.
- *The Grandpa Game* – Bounce them on your knee, singing a rhythmic song.
- *Spin Around* – Turn them in a circle while you are holding them.

For preschoolers:

- *Ring Around the Rosie* – Rapidly going around in a circle is great for the vestibular system.
- *Vestibular Copycat* – Have kids copy you as you look in every different direction and around in a circle.

Other Vestibular fun:

Swinging	Rocking	Hoppy balls
Climbing	Jumping	Log rolling
Sit and Spin	Upside down	Dancing
Marching	Twirling	Sliding

## Activity for Unit 1.5 High Intensity Interval Training

Move for 45 seconds as much or as far as possible, and then rest for 15 seconds. Repeat each activity 5-7 times. Each movement taps into vestibular development while building many other strengths and skills as well.

- Backwards walking (How many steps can they take in 45 seconds?)
- Bunny hopping (How far can they get or how many bunny hops? These bunny hops can be straight up and down if space is tight.)
- Run (How far? Or run in place with high knees, maybe even hitting thighs with hands, how many times?)
- Rhinoceros stomping (How far can they travel? How many stomps?)
- Jumping jacks (How many?)
- Crab walking (How far?)