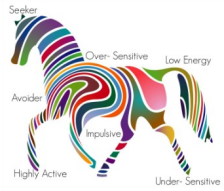


Vestibular

Cheat Sheet



Created By Lemon Lime Adventures 2014

Vestibular Avoiding Behaviors

- * Scared of Movement Activities
- * Fearful around playground equipment such as stairs, swings, merry-go rounds, etc
- * Fearful of elevators
- * Dislikes being turned upside down or picked up
- * Can appear clumsy or Uncoordinated
- * Can appear stubborn
- * Avoids stairs or holds on tightly with both hands on the railing

Vestibular Seeking Behaviors

- * Unable to sit still
- * Needs to be in constant motion (fidget, rocking, swaying, spinning)
- * Level 10 on most movement activities
- * Can be very impulsive
- * Can't get enough movement
- * Runs everywhere, instead of walks
- * Takes unsafe risks both inside and outside
- * Prefers to be upside down or hang off a couch or chair

Vestibular Activities

- * Swinging
- * Games like Freeze Dance
- * Riding on Trikes and Bikes
- * Spinning
- * Jumping on Trampolines
- * Hanging Upside Down

*These are merely suggestions and should be used as a resource. Please consult with a certified OT before starting any sensory diet.