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Four Rivers
Special Education District

Student:_____School/Teacher: _____ Grade: ____ Data Date Range:_____

Directions: Choose at least one intervention in the area of difficulty. Implement a minimum of 3 times per week for 4 weeks. Put a "+" if the trial made a positive impact in the classroom. Put a "-" if there was no change in the classroom.

Email OTTherapy@frsed.org for any further questions.

Strategies for VESTIBULAR Vestibular relates to equilibrium, gravity, movement, and changes of position in space.	1	2	3	4	5	6	7	8	9	10	11	12
Rocking in a rocking Chair												
Sitting on a therapy ball												
Sitting on a move n sit (disc) cushion												
Rolling side to side												
Jumping on a trampoline												
Dancing/Marching												
Imitating head and other body part movements												
Slow rocking movements can be calming												
Fast, irregular movements can be alerting (Red light, green light)												
Have student store belongings under the desk/chair to increase vestibular stimulation												