



Environmental Modifications Using Vestibular/Proprioceptive Activities

Classification and Activities	Suggestions
Desk work	
<i>Sensory diet</i>	<p><i>Active resistance:</i> chair push-ups, chair/body squeezes, theraband stretches, hand gripper exercises, leaning on upper extremities, weighted vest or lap tray</p> <p><i>Finger-fidget activities:</i> pinches, spider push-ups, rubber band stretches, fidget balls, theraputty, pen walking, and pencil aerobics</p> <p><i>Seating options for linear motion:</i> inflatable cushion, T-stool, ball, peanut ball, bounce or rocking chair, one or two slightly shortened legs of chair for rocking.</p>
<i>Environmental modifications</i>	Solid seat with armrests of correct height, tilt-top desk, frequent position changes, dycem to stabilize objects on desk, paper placement outlined with masking tape
School break time	
<i>Sensory diet</i>	<p><i>Play activities:</i> kicks, heavy marching, pushing against the wall, doorway pushes, “popcorn” activity in chair (popping up at different speeds or intervals), seat walking while sitting on the floor with legs extended, jumping, hopping, stretches, self-imposed body hugs, push-ups, jumping jacks, wheelbarrow walking, crab walking</p> <p><i>Errands:</i> carrying heavy books, moving chairs</p>
<i>Environmental modifications</i>	Routine that provides these activities before class and throughout the day, frequent breaks during the day
Play	
<i>Sensory diet</i>	<i>Proprioceptive input:</i> Roughhousing, leap frog, tug-of-war, wheelbarrow walking, jumping on a small trampoline, crawling under couch cushions, chin-ups, playing with weighted balls, jumping and crashing on the bed, pushing another child on the

	<p>swing, playing in a body sock, firm family hugging</p> <p><i>Vestibular input:</i> sitting on a rocking chair; sitting on a ball to watch TV; jumping on a trampoline; playing on slides, swings, seesaws, trapezes, ladders, monkey bars, suspended bridges</p>
<i>Environmental modifications</i>	Have a large, open area with unbreakable items for roughhouse play; mattresses, pillows, and beanbag chairs; outdoor swing set
Chores	
<i>Sensory diet</i>	<i>Proprioceptive input:</i> stirring, rolling/kneading dough, digging, carrying, shoveling, raking, pushing/lifting heavy objects, moving furniture, vacuuming, sweeping, mopping, carrying laundry basket, carrying groceries, taking out the trash
<i>Environmental modifications</i>	Avoid chores with breakable items, such as putting away dishes
Snacks and meals	
<i>Sensory diet</i>	Have child eat healthy, chewy foods (e.g., celery, carrots, apples, nuts, fruit leather, beef jerky) and drink thick liquids requiring straw (e.g., milkshakes, smoothies, gelatin, pudding)
<i>Environmental modifications</i>	Use a sturdy chair with arms for meals, make sure child's feet rest flat on the floor, stabilize meal items to prevent breakage
Gravitational insecurity	
Desk work	
<i>Sensory diet</i>	Provide "grounding" input throughout the day via the use of active resistance and joint compression and teaching the child to implement the strategies
<i>Environmental modifications</i>	Use firm, supportive seat with arms that do not tip; make sure the desk and chair fit the child so that the arms rest on the desk and the feet are flat on the floor
Gym	
<i>Sensory diet</i>	Active resistance and joint compression activities before class; do not push child beyond his or her limits
<i>Environmental modifications</i>	Limit number of children and space to increase sense of security; limit activity on movable or suspended equipment; allow child to always have two feet flat on the floor <i>or</i> allow the child to have someone or something to hold
Recess	

<i>Sensory diet</i>	Have child push another child on the swing or catch another child at bottom of slide; child holds jump rope for other children.
<i>Environmental modifications</i>	Allow the child to be sedentary during recess; organize one-on-one play with a buddy.

Riding the bus	
<i>Sensory diet</i>	Routine of calming activities before the bus ride (e.g., slow rocking, heavy joint compression, active resistance activities, deep breathing exercises); teach child to implement these strategies; child wears a backpack on the bus
<i>Environmental modification</i>	Child sits alone with headphones to minimize stimuli.
Snack and meals	
<i>Sensory diet</i>	Thick liquids to drink with straw, chewy and crunchy foods
<i>Environmental modification</i>	Solid, supportive chair that allows child's feet to touch floor
Mobility	
<i>Sensory diet</i>	Weighted backpack, vest, or fanny pack
<i>Environmental modifications</i>	Stairs with railings or child holds onto someone when ascending or descending, no escalators and elevators, a "safe" environment with no items on the floor and no extraneous material (e.g., scatter rugs)
Sleep and bedtime routine	
<i>Sensory diet</i>	Heavy, weighted blankets or cushions to sleep under, a calming routine before bedtime (e.g., joint compression, slow rocking)
<i>Environmental modification</i>	Bed mattress on the floor