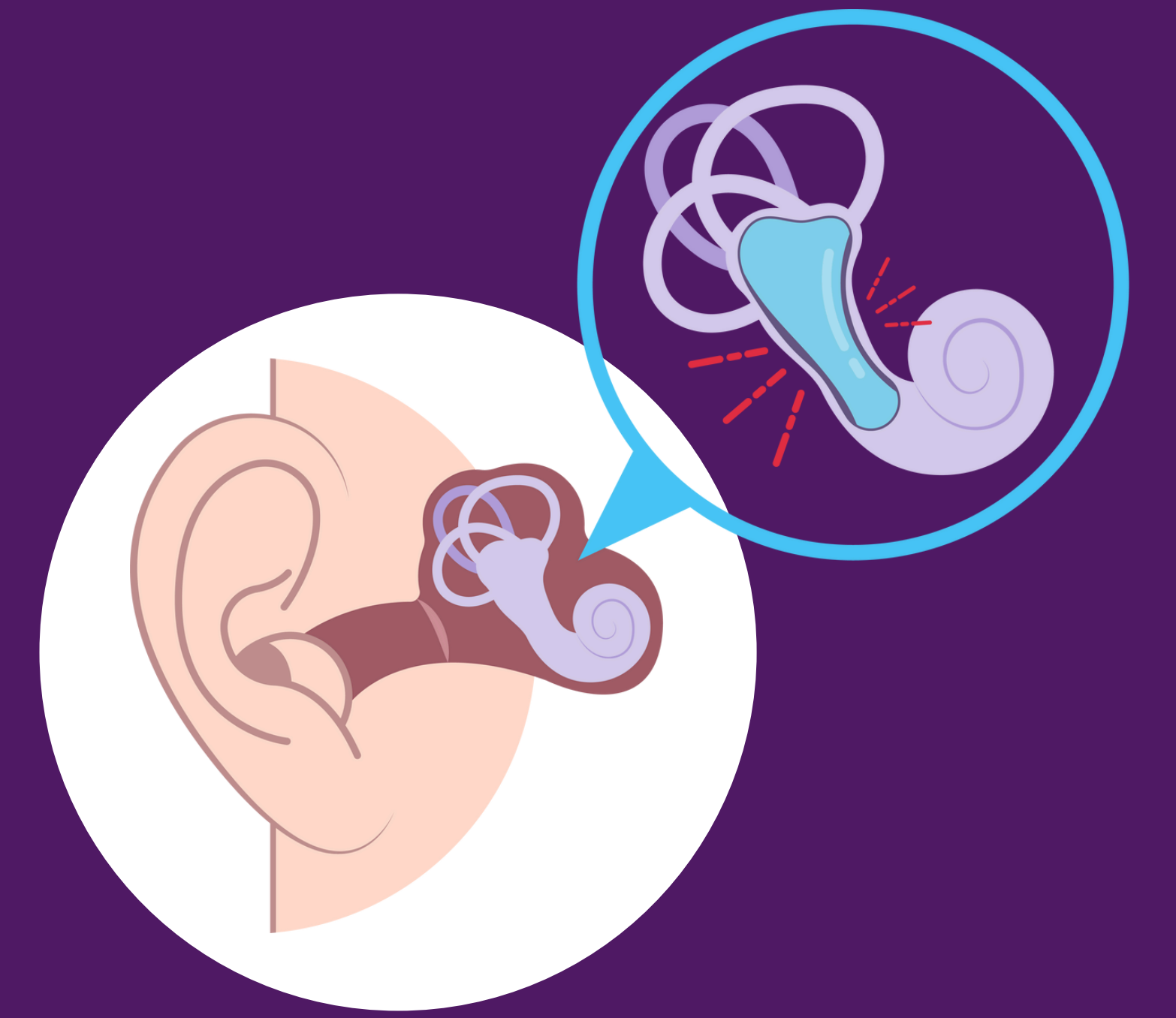


VESTIBULAR INPUT

“in the classroom”

Vestibular System

- Location: Inner ear
- Role: Maintains balance, posture, and movement coordination
- Function: Tracks body position and orientation for the brain
- Impact: Challenges in autism, ADHD, or neurocognitive conditions can affect sensory processing and daily activities
- Symptoms: May cause dizziness, unsteadiness, or balance issues
- Our Specialty: Assessing and addressing vestibular-related concerns to improve function and well-being at Tranquility Behavioral Health Center



Autism & ADHD in Children

- A Hypersensitivity: Avoids movement like swinging or spinning
- Challenges: Struggles with balance and coordination
- Motion Response: Anxiety or distress with motion
- Sensory-Seeking: Craves intense motion like spinning or jumping
- Movement Preference: Enjoys swinging, rough play, and bouncing
- Self-Regulation: Difficulty sitting still or staying calm

Classroom Strategies

- Sitting for prolonged periods of time can lead to decreased attention, concentration and academic performance.

Sensory corners

- Swings, hammocks, swivel chairs, tilt boards, balance boards and so on

Sensory Tools

- Fidgets, stress balls, weighted blankets

Movement Breaks

- Jumping, hopping, spinning, balancing, stretching, and deep breathing.

Outdoor Activities

- Outdoor walks, obstacle courses

Seating Options

- Stability balls, wobble stools, balance cushions

Classroom Layout

- Standing desks, reading beanbag chairs

