

E- Vesti 1

Whirlwind

Purpose: To stimulate the vestibular system using movement and sound

Numbers: Individual

Resources: Floor space



Exploration

- Standing up. You are a light wind that's going to become a tornado.
- Slowly build up your speed and then move over an imaginary forest. Turn and twist and pick up trees and throw them out.
- Make up some sound effects as you build up your speed and twirls.

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E- Vesti 2

Sways

Purpose: Increasing awareness and reaction to subtle changes in the vestibular system

Numbers: Individual

Resources: None



Exploration

- Standing still
- Just standing still for some time feel how your body sways. Does it go backwards, forwards or side to side?
- Stay standing still but this time close your eyes and feel how the body moves and sways.

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E- Vesti 1

10-12 Years

Ideas

- ☞ What happens if you become something else that spins and twists, like:
- ☞ Water going down a toilet!
- ☞ A whirlpool.



Simon's tips

Feel a big movement starting from deep within you. Then feel the powerful force twisting and turning as it moves. Start with the turning inside of you and then build this and spread it out to your arms and finger tips.

E- Vesti 2

10-12 Years

Ideas

- ☞ Work in threes and have one watch the other two. Talk about what it felt like and what you saw. Swap so everyone has a go.
- ☞ When you're standing still with eyes either open or shut, put your attention/mind in a part of your body like the tummy, head, left leg etc. What happens? Does the body sway and move differently?



Simon's tips

This is a quiet activity when you're doing it. Really become aware of how your body moves and sways and how you can return to balance when you want to.