

I- Vesti 1

Speedy Flips

Purpose: To integrate the labyrinthine reflexes

Numbers: Individual

Resources: Floor space and mats



Integration play

- Lie down on your tummies. Turn your head to the left and lift your left leg and left arm at a right angle. You should be looking straight at the fingers of your left hand (palms down). The right leg and arm are down with the palms facing up.
- On a clap signal from the teacher reverse this shape so the head is turned to the right and the right leg and arm are bent and the left arm and leg are straight.
- When you hear the clap change again. Repeat between 20 - 40 times.

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I- Vesti 2

I'm Keeping And Eye On You!

Purpose: For vestibular-ocular reflex integration and independence of head and eye tracking

Numbers: Pairs

Resources: None



Integration play

- Look around and notice different objects and people in the room. Your eyes suddenly stop and stare at something. You are not to let it out of your sight!
- Now move your head up and down or round and round but the eyes are always staring, fixed, at the object or person.
- After about 20 seconds find a different object or person and carry on. Find objects on the floor, ceiling, near or far away etc.

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I- Vesti 1

10-12 Years

Modification and Expansion

- Move only the arms and head.
- Work in pairs and help the person by tapping on the leg and arm that needs to turn.
- Do this activity quickly but without losing the shape of the body for each move.



Teaching/Observation Points

- ☺ Movements to be simultaneous
- ☺ Fingers in line with the eyes each time and eyes looking at the fingers.
- ☺ Emphasise on the twisting action of the hips and turning of the body.

I- Vesti 2

10-12 Years

Modification and Expansion

- Use the thumb and keep it near the eyes
- Repeatedly turn the head in the same direction and then repeat in a different direction
- Imagine or remember a point where you fix the eyes and then close them.



Teaching/Observation Points

- ☺ Is the head moving in different directions?
- ☺ Are the eyes staying fixed?
- ☺ Is there a lot of frowning or can the children smile and do this?