

Home Moves Family Letter Number 4

Dear Family,

Today in class, we learned about our vestibular system, which is inside our ears. I learned how important it is for me to run, twirl, swing, and play so that this system can help me do better in school.



Home Moves

S'cool Moves for Everyone!

- The vestibular system is the hub of the wheel that integrates the visual, hearing, balance, and sensations of the body.
- Stimulating the vestibular system should be an important part of each day. Recess and PE play a huge part in a complete and well rounded academic program. Support your school's efforts to maintain recess and PE programs.
- Swinging, sliding, bicycling, gymnastics, and trampoline work all contribute to a healthy vestibular system.
- When your child works on this system, it helps with organization and improves vision, coordination, and language processing.
- If your child has a lot of ear infections, this can affect how the vestibular system functions. These children need lots of activities to help the vestibular system function at its best.
- When you hold, rock, snuggle, dance, or twirl with your children, the vestibular system is activated.
- Gym balls or large plastic balls can be used to sit or roll on while reading or doing homework.



Vestibular System

The vestibular system is located in the inner ear. It consists of tiny canals that are covered with hair. This system constantly communicates with our brain to tell us where our body is in space. Children who are too active or too mellow, might have problems with this system. If your child avoids sports or movement activities, the vestibular system might not be working as well as it should.



Academic/Behavior Link

- integration of all senses
- motor planning
- focus and alertness
- flexibility, going with the flow
- body awareness
- writing legibility
- reading fluency