

## I CAN BALANCE.



The **vestibular** system is part of our inner ear and brain. When we move our head, this sense helps us balance. It also controls eye movements and helps us maintain a stable visual image. Our visual and balance systems work together.

Strobe lights or flashing objects may cause eye movements.

Do you know anyone that gets dizzy really easily?

Do you know anyone with **balance** problems?

People with challenges to their sense of **balance** often enjoy swinging, merry-go-rounds, and spinning.



*Words found in Saltillo vocabularies support communication about balance, i.e. swing, jungle gym, trampoline, jump, balance, etc.*



# OCTOBER 2020

## Storytime

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SEPTEMBER 2020

NOVEMBER 2020



For bonus sensory regulation tips and activities, scan this code!

1	2	3

4	5	6	7	8	9	10

11	12	13	14	15	16	17
	Columbus Day					

18	19	20	21	22	23	24

25	26	27	28	29	30	31
						Halloween

### She's Got This by Nina Mata



Explore balance with Zoe. Zoe has dreams of flying and of becoming a gymnast. Gymnasts look like they are flying!  
Zoe discovers that following her dreams is a little harder and scarier than she imagined. She learns about falling and getting back up to do something she loves. Join Zoe as she learns to get back up and try again!

Words to Model:



### Can You Balance?

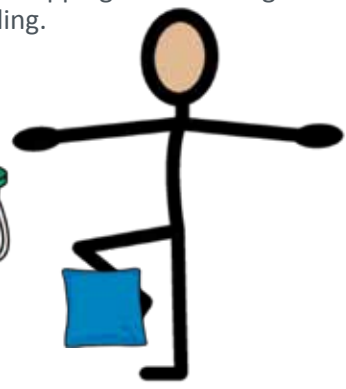
Let's practice **balance** with this simple fun game! Don't fall!

#### Balancing with bean bags!

**Object of the game:** Balance on one foot while dropping the bean bag into containers of increasing height without falling.

#### Materials:

- Containers of different sizes (bowl, bucket)
- Bean bags (3)



#### How to play:

1. Line up the containers shortest to tallest.
2. Place bean bag in front of each container.
3. Player will place bean bag on top of foot. While standing on one foot, lift the foot with bean bag and drop in to container. Players may choose to balance bean bags on alternate hands. The taller the container the more challenging.

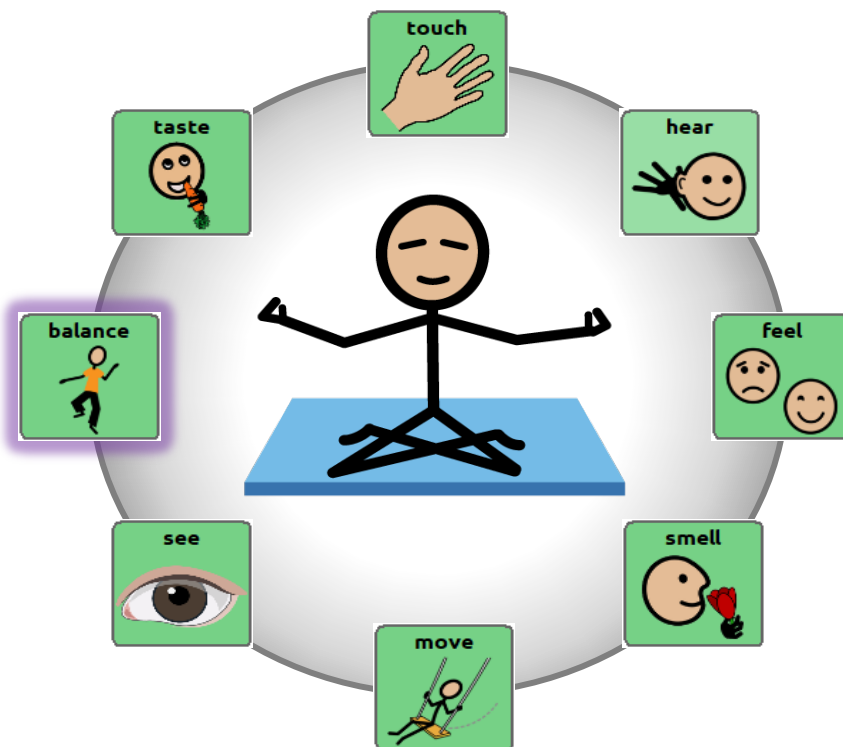
Option: Time the play. Individuals can beat their own time or groups can compete against each other.

4. Try not to **fall!** **Learn** how to balance.

## Practice sentences for Sensory Seekers and Avoiders- October-I can balance.

Every person handles sensory input a little differently. Use these practice sentences and learn ways to talk about and regulate sensory input. Some people, 'sensors and seekers', seek sensory stimulation. Other people, 'avoiders and bystanders' avoid it.

Are you a 'seeker'? Are you a 'by-stander'? Are you a mixture?



### SEEKER:

Term used to describe a person who looks for sensory stimulation. They may seek a certain type of input. Seekers may always want 'more'. They love sensation. While providing more input, it is important to keep routines in place.

### AVOIDER:

Term used to describe a person who avoids sensory input. Avoiders crave routines and order. They may not like new sensations and when a routine is changed may become anxious. An avoider may need a quiet place to go and language to help manage sensory overload.

Salttillo and TouchChat WordPower™ vocabularies support identification and communication about our senses.

The sequences presented here are examples found in WordPower60 Basic SS.



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October-I can balance.	
Active (Sensors and Seekers)	Active (Avoiders and By-standers)
<p>I like to swing.</p> <p>Visuals: 'I' (yellow), 'like' (green with smiley face), 'to' (white), blue arrow, 'swing' (green with person on swing), dot.</p>	<p>Don't swing.</p> <p>Visuals: 'EXTRA And It The WORDS Up' (cyan), 'don't' (red with X), 'ACTIONS' (green with running person), 'swing' (green with person on swing), dot.</p>
<p>Take a ride.</p> <p>Visuals: 'take' (green with person taking item), 'a ride' (green with car), dot.</p>	<p>Wait here.</p> <p>Visuals: 'ACTIONS' (green with running person), blue arrow, 'wait' (green with person waiting), 'EXTRA And It The WORDS Up' (cyan), 'here' (cyan with hand pointing), dot.</p>
<p>Play on the jungle gym.</p> <p>Visuals: 'play' (green with person playing), 'POSITION WORDS' (cyan with blocks), 'on' (cyan with lightbulb), 'the' (pink), 'jungle gm' (green with person on gym), dot.</p>	<p>Sit in the chair.</p> <p>Visuals: 'ACTIONS' (green with running person), 'sit' (green with person sitting), 'in' (cyan with person in box), 'the' (pink), 'GROUPS' (cyan with group), 'FURNITURE' (cyan with furniture), 'chair' (cyan with chair), dot.</p>
<p>Go to the merry-go-round.</p> <p>Visuals: 'go' (green with arrow), 'to' (white), 'the' (pink), 'PLACES' (cyan with park), blue arrow, 'merry-go-round' (green with carousel), dot.</p>	<p>Go to the park.</p> <p>Visuals: 'go' (green with arrow), 'to' (white), 'the' (pink), 'PLACES' (cyan with park), 'park' (green with fountain), dot.</p>
<p>Walk crooked.</p> <p>Visuals: 'ACTIONS' (green with running person), 'walk' (green with walking person), 'DESCRIBE' (purple with person describing), blue arrow, blue arrow, 'crooked' (green with wavy line), dot.</p>	<p>Walk straight.</p> <p>Visuals: 'ACTIONS' (green with running person), 'walk' (green with walking person), 'DESCRIBE' (purple with person describing), blue arrow, blue arrow, 'straight' (green with straight line and arrow), dot.</p>

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