



made2move:therapy4kids

Vibration

A sensory diet with deep pressure, weight, vibration and movement will help to lay the foundation for interpreting and processing sensory stimulus in a child's setting.

PURPOSE:

Vibration aids in allowing a student with sensory processing difficulties to interpret information.

Benefits of incorporating vibration include:

- Organization at the brain stem level
- Can calm or relax certain students
- Can alert certain students
- Promotes grounding and stability
- May decrease the need to mouth inappropriate objects

PROCESS: Vibration can be externally or internally produced

- Light vibration - Color are waves vibrating at different frequencies
 - Warm lights are relaxing
 - Cool lights are alerting
- Music vibration
- Mouth vibration
 - Blowing kazoo
 - Humming
 - Blowing raspberries
- Body vibration
 - Jumping up and down
 - Bouncing on ball while blowing kazoo
 - Sitting on ball with vibration under ball
- Vibration tools
 - Vibrating snake
 - Hand held massager
 - Vibrating massaging mats
 - Vibrating toothbrush
 - Oral jigglers
 - Vibrating pillow



When to use:

- Use as part of a Sensory Diet as prescribed by Occupational Therapist
- Use before activity requiring listening or attending
- Sooth and calm an upset student
- Offered as a choice for a preferred activity
- Incorporate into reading and language activities
- As part of oral motor box

Nackley, V.L. (2001). Sensory diet applications and environmental modifications. A winning combination. American Occupational Therapy Association, Inc. 24(1), 1-4.

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www.effectivehealthcare.ahrq.gov

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