



made2move:therapy4kids



Jumping

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:

- Increases internal organization from up/down movement
- Jumping while moving in a circle increases body in space
- Improves posture, balance and coordination
- Increases levels of alertness
- Reduce stress or anxiety
- Increases oxygen to the brain

PROCESS:

- Include as part of child's sensory diet
- Front load the hour so child will sit and attend
- Have child jump while spelling words or rote math facts
- Have child catch and throw ball

CLASSROOM USAGE:

- Between classes
- After lunch or recess to calm the system
- As part of sensory diet

VARIATIONS:

- Mini trampoline
- Sit bounce on stationary ball
- Jumping on crash mat
- Spot jumping on floor
- Jump along taped letter on the floor
- Innertube
- Jumper shoes
- theraband between desk legs



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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