

EQUIPMENT	PROPRIOCEPTIVE INPUT	VESTIBULAR INPUT	TACTILE INPUT
Trampoline	<b>X</b>	X	
Fabric tunnel	X		<b>X</b>
Bean bin ( <i>can also use bird seed, rice, cornmeal, wet sand, dry sand, etc.</i> )			<b>X</b>
Peanut ball	<b>X</b>	X	(X)
A tent filled with bubble balls or pillows	X		<b>X</b>
Balance beam ( <i>can be a 2-by-4 or a low wall</i> )	<b>X</b>	X	
Move 'n' Sit	X	<b>X</b>	
Stepping stones	<b>X</b>	X	(X) if barefoot; especially if textured
Ride-on toys and tricycles	X	X	
Whiz Wheel or Roller Racer	X	X	
Scooter board	X	<b>X</b>	
Sit 'n' Spin or Dizzy Disc Jr.	X	<b>X</b>	
Weighted blankets or balls	<b>X</b>		X
Lycra (sheet of stretchy fabric)	X		X
Vibrating toys	(X)	X	X
Vibrating toothbrush		X	X
Chewy tube	<b>X</b>		(X)
Pop tubes	<b>X</b>		(X)
Brushes (can vary the stiffness of bristles)			<b>X</b>
Stretchy animals	X		X
Playdoh	X		X
Bubbles	X ( <i>to blow</i> )		X ( <i>to pop</i> )
Pinwheels	X ( <i>to blow</i> )		
Large soft blocks	X	X	(X) minimal
Crash pads ( <i>comforter cover filled with foam scraps</i> )	<b>X</b>	X	X
Beanbag chair	X	(X) if walking on or climbing over it	X
Climbing structure	<b>X</b>	X	
Slide	(X) Especially to climb up	<b>X</b>	
Rock wall	<b>X</b>	X	(X)
Zipline	X	<b>X</b>	
Hippity Hop	<b>X</b>	X	(X)
Rody	<b>X</b>	X	(X)
Suspended ball (Free Kick)	X	X	
Bean bags	X (especially if weighted)	X	(X)
Koosh ball	(X)	X	X
Shaving cream	(X)		<b>X</b>
Feather boas			<b>X</b>

## Safety:

- Use plenty of mats that are appropriate in size and density, usually 3" high.
- Provide adequate space for all equipment and activities.
- Check for wear and tear with each use.
- Small trampolines should be surrounded by mats and/or large pillows; it can be helpful to have a bar for support.
- Stay with and monitor your child closely (within an arm's length)
- **Continuously anticipate** what a child might do next.
- Monitor whether a child is getting too much or too little input (e.g., are they getting nauseous?). Talk to child frequently and watch their face for signs of distress or fatigue.
- **Caution:** Devices that allow for spinning or intense rotation can cause distress to the child's nervous system if used improperly and should be implemented under the direction of a qualified therapist.
- **Never force a child** to participate in any "therapeutic" or "sensory" activity that they do not want to do!!! A qualified therapist can help to interpret a child's avoidance behaviors. Sometimes preparing a child for and structuring challenging activities can enable a child to begin to engage in activities that were previously avoided.

## Resources:

- Abilitaitons (800) 850- 8602 [www.abilitations.com](http://www.abilitations.com)
- Beyond Play (877) 428-1244 [www.beyondplay.com](http://www.beyondplay.com)
- Flaghouse (800) 793-7900 [www.Flaghouse.com](http://www.Flaghouse.com)
- Pocket Full of Therapy (800) 736-8124 [www.pfot.com](http://www.pfot.com)  
(pediatric and school-based products)
- Quadrozone (800) 277-6434 [www.quadrotoys.com](http://www.quadrotoys.com)  
(PVC climbing structures)
- Sportime (800) 283-5700 [www.sportime.com](http://www.sportime.com)
- Southpaw Enterprises (800) 228-1698 [www.southpawenterprises.com](http://www.southpawenterprises.com)  
(sensory integration and developmental products including suspension hardware)
- Pacific Pediatric Supply (877) 777-3010 [www.pacificpediatricssupply.com](http://www.pacificpediatricssupply.com)