



# Vestibular

## Hypo-responsive

- Constant movement including jumping, spinning, rocking, climbing
- Craves movement at fast intervals
- Craves spinning, rocking, or rotary motions
- Poor balance on uneven surfaces
- Constantly fidgeting
- Increased visual attention to spinning objects or overhead fans
- Bolts or runs away in community or group settings, or when outdoors or in large open areas such as shopping malls
- Difficulty maintaining sustained attention
- Impulsive movement
- Constantly getting up and down from desk in the classroom
- Walks around when not supposed to (in the classroom, during meals, etc.)
- Loves to be upside down

## Hyper-responsive

- Experiences gravitational insecurity
- Overly dizzy with motions
- Resistant to moving activities such as swings, slides, elevators, or escalators
- Fear of unstable surfaces
- Unable to tolerate backward motions
- Unable to tolerate side to side motions
- Illness in moving vehicles
- Avoids swings or slides
- Gets motion sick easily
- Appears "clingy"
- Refuses to move from the ground (i.e. jumping or hopping activities)
- Difficulty/fear of balance activities
- Refusal to participate in gym class
- Refusal to try playground equipment
- Fearful on bleachers or on risers
- Fear or dislike of riding in elevators or escalators