

THE VESTIBULAR SYSTEM an internal GPS system for the body

CAR -

Where the vestibular is housed (You begin at home)

ROADS -

Vestibular or GPS system sends messages and signals of which roads the body must follow

DESTINATIONS -

Where your vestibular system directs you to

BASE OR GROUND -

Gravity (The vestibular tells the body where it is in relations to time and space)



MUSCLES, JOINTS, TENDONS

tells the body how to move in space (balance,coordination)

HAND-EYE CORDINATION

tells the body how to coordinate the eyes with the hands for tracking, reading, writing

BEHAVIOR, ATTENTION, FIDGETING

helps a child's actions become automatic so they don't have to think about sitting in their chair, listening to what the teacher says, regulating emotions

VISUAL

tells the eyes what they are seeing in correlations with objects, words, etc

AUDITORY

tells your ears what to receive, store, and recall

MOTOR PLANNING

tells the body how to respond to motor skills

TACTILE

recognizes textures, sensory information in their environment

PROPRIOCEPTION

How we sense objects and interpret messages