

# The sense of movement and skill of balance

Windsor Nursery  
School

Vestibular Development  
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**Balance underpins all aspects of our daily lives**

**Balance is learned through training**

**Vestibular system controls posture, balance, alertness, concentration and stillness**

**How to help ....**

**Three ways to stimulate the vestibular system are spinning slowly, rolling slowly and hanging upside down.**

**Going fast is also important as it gives you that 'feel good feeling'**



**Do you remember twirling and swirling when you were small?**

What you didn't realise was that you were refining an essential sense of balance through your **vestibular system** located in your inner ear

The vestibular system feels motion and gravity to create our sense of balance. It co-ordinates with all the other senses—especially the eyes to help us get and stay upright, whether we are still or on the move. A strong sense of balance helps us focus, listen and be effective learners

**Our sense of balance underpins pretty much everything we do, it helps us adjust our posture and be able to focus**



**You know how it feels when we feel dizzy—we can't concentrate on anything else. Until we have a strong sense of balance our brain's capacity is taken up with trying to be 'in balance'. Once that sense of balance is established the capacity to use our brains for other learning is opened up**

**The highest form of balance is stillness but we don't learn it through sitting still we learn it through movement, movement, movement**

**The best way to develop this sense is to offer children many opportunities to be active**