



Activating the Hidden Senses in Storytime

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Proprioception	Vestibular Sense
Our awareness of our body in space; activated through pressure on muscles and joints	Our sense of balance; activated in the inner ear
Activities: Stretchy Bands Parachute Bean Bags Animal Walks Jumping Stomping Squeezing Pushing & Pulling	Activities: Parachute Scarves Bubbles Numerous Yoga Poses Crossing the Midline Upside Down Play Spinning Rocking
Benefits: Coordinated movement Controlled force Increases alertness Build core strength	Benefits: Balance Increases focus & self-regulation Improves Visual Tracking

Communicating with Caregivers

When we encourage children to **<do this action>**
we help them develop their **proprioceptive/ vestibular** sense!
Children need this sensory input to **<insert benefit>**
which helps them **read/ write/ learn!**

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Resources on Sensory Perception & Physical Literacy

The Inspired Treehouse & Lemon Lime Adventures

<https://theinspiredtreehouse.com/sensory-processing-proprioception/>

<https://lemonlimeadventures.com/vestibular-input-sensory-processing/>

Children Inspired by Yoga

<https://childreninspiredbyyoga.com/blog/2018/02/proprioceptive-sense/>

<https://childreninspiredbyyoga.com/blog/2018/01/vestibular-sense-child-development/>

Tinkergarten

<https://tinkergarten.com/blog/what-is-our-sixth-sense-and-how-does-it-affect-our-kids>

<https://tinkergarten.com/blog/a-hidden-sense-what-is-the-vestibular-sense>

Active for Life <https://activeforlife.com/>

ALSC

Stretchy Bands <https://www.alsc.ala.org/blog/2019/03/stretchy-band-in-storytime/>

Intentional Movement <https://www.alsc.ala.org/blog/2019/07/three-principles-for-intentional-movement-in-storytime/>

Sensory Storytime

<https://www.alsc.ala.org/blog/2012/03/sensory-storytime-a-brief-how-to-guide/>

<https://www.alsc.ala.org/blog/2018/08/sensory-storytime-tips-and-tricks-for-a-successful-program/>

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