

Scooter Games to Enhance Sensory Integration

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1. Lying prone on scooter, push off from wall with feet and coast through tunnel of mats. Try it closing eyes after first, noting position of mat and thinking about how to push. Try it lying supine. A.
2. Push off from wall and coast between two cardboard cartons without touching them. Use hands on floor for guidance if necessary. Try it with closed eyes.
3. Push off from wall and touch overhanging hula hoop with one or both hands. Try it closing eyes after noting position of hoop.
4. Push off from wall with hands or feet and kick hanging ball with foot or hand. Try going feet first, head first, and with eyes closed after noting where ball is.
5. Sit on scooter and turn scooter and self around, pivoting around longitudinal axis of body using feet to propel self. First go one direction, then the other. Keep body over given point. Try pushing with one hand only, then the other. A.
6. Sit on scooter with one hand resting on floor. Pivot around hand using both feet on floor, then one, then the other. First go one direction, then the other. A.
7. Lie supine on scooter and push self, through forest of cardboard cartons without using hands or touching boxes. Try it with paper sack over head to occlude vision and feeling location of boxes with hands, but avoiding touching boxes with scooter.
8. Lie supine on scooter and push self past a barrel, throwing ball into it. Try going feet first, and then head first.
9. Stretch a rope between two points about one foot off the floor. Lie prone on scooter and "ferry" self from one end of rope to other, pulling hand over hand. Try it lying supine and with eyes closed.
10. Sit on scooter and pull self, hand over hand, with rope suspended above head. First try it forward, then backward, then each again with eyes closed.
11. Lie prone on scooter and back up so that legs go through suspended hoop. Catch legs with feet and pull hoop forward. Repeat with eyes closed after noting spatial orientation of body to hoop. Repeat using one leg, then the other. If rope holding hoop is hanging from a spring, additional sensory-motor exploration is possible. Try catching hoop with heels and with chin.
12. Lie supine on scooter and push self with feet, so that arms go through suspended hoop. Then pull self, with feet catching hoop with arms (but not hands) and pulling hoop forward. Repeat with eyes closed. Try it with head, thumbs, index fingers, wrists, and toes. Try it with eyes closed.
13. Push self between two walls, hands touching one wall, feet the other. Go back and forth several times without touching floor.
14. Push self between two walls, touching right wall with right hand and foot only, and left wall with left hand and foot.
15. Two children lie prone on scooters and push off from opposite walls and pass each other touching hands. Try it again clapping hands and pivoting around them.
16. Lie prone or supine on scooter. Back up to and put feet (or foot) into cardboard carton. Lift carton with feet and carry it by feet, pushing self with hands on floor, to designated place. Try same procedure using head or hands. Try it with eyes closed, after position of carton is noticed.
17. Ride down ramp carrying ball, pillow or bean bag, and toss it through a hula hoop.
18. Try No. 17 and catch ball after it has gone through hoop.
19. Try No. 17 tossing ball into barrel.

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20. Ride prone down ramp and pick up pillow placed on floor. Try again and toss pillow into a box.
21. Ride down ramp and hit small hanging ball with one hand. Repeat using other hand, then both hands. Is it possible to hit it with a foot?
22. Ride down ramp and spin to right by placing right hand on floor as pivot. Try it with left hand.
23. Ride down ramp in prone position and hit mat with side of body. As scooter is stopped by mat, roll off it and continue rolling across mat.
24. Ride prone down ramp and knock down tower of cardboard cartons.
25. Ride down ramp and grab leg of standing therapist. Pivot around leg.
26. Ride down ramp and grab sturdy ball suspended with spring. A ball can be suspended by placing it in a basketball net and tying a rope to the net.
27. Put cardboard carton on floor. Lie in scooter about 5 feet away. Push self around carton without touching it and return to original spot, being aware of how it feels to make the trip. Then close eyes and repeat, trying to follow same path. If it's hard to close eyes put a paper sack over the head.
28. Set up several cardboard cartons in manner that requires easy maneuvering to ride through them. First visualize how movements must take place, then occlude vision, (large paper bag does well) and ride scooter through area containing cartons without knocking them down.
29. Scatter small objects about a floor. Pretend they are rocks in river and scooter is canoe. Paddle (hands on floor) down river without hitting rocks, or paddle around each one. Repeat with paper sack over head.
30. Place rope through pulley and attach to scooter. Sit on scooter and pull on free end of rope to move scooter. Try moving feet first, head first, or sideways by sitting in different positions on scooter. Try attaching rope to different parts of body, such as feet.
31. Sit on scooter and hold on to the end of a suspended rope. (Attaching rope to spring extends the experience.) Pull in rope and let go so that scooter will coast into a cardboard carton. Try it closing eyes after position of carton is noted.
32. Prepare a strip of rubber by cutting an inner tube in a spiral. Attach each of the two ends to two stationary points about 20 to 30 feet from a wall or ramp. Ride down ramp (or push off wall) and go underneath the rubber strip. Try it with eyes closed.
33. Ride down ramp and go under rubber strip, catching it with both lower legs. Try again flexing only one leg to catch the strip. Try going down feet first, prone, and catching strip.
34. Ride scooter down ramp, go under rope or strip of inner tube and catch rope with one arm. Repeat with other arm. Try it riding down ramp feet first.
35. Ride down ramp supine, feet first and catch rubber strip with thighs. Try one leg, then the other leg.
36. Sit on scooter and hold on to middle of rubber strip with hands. Push, then pull self back and forth. Try it with a partner, one going one direction, and the other going the other direction.
37. To inhibit TNR, sit on scooter and look to left. Place left hand on hip. Push self with right arm, either to place where you are looking, or pivot around in a circle. Add fun by pushing with a plunger (plumber's helper). A
38. To inhibit TNR in leg, sit on scooter and look over left shoulder to place to which one pushes self with right leg. Check first to see if effects of TNR on legs is ipsilateral or contralateral. A
39. Restrain one or both hands, or put in hip pocket. Lie prone or sit on scooter and try simple movements such as pushing or rolling self off scooter. Then try some of the more difficult games described here. Restrain right hand to increase awareness of left side of body.
40. Alter many of these activities by placing weighted bag around wrists or ankles.