



The Vestibular System, Animation

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[How your ear works - Inside the Human Body: Building Your Brain - BBC One \(youtube.com\)](https://www.youtube.com/watch?v=...)

[How Your Ear Works? - The Dr. Binocs Show | Best Learning Videos For Kids | Peekaboo Kidz \(youtube.com\)](https://www.youtube.com/watch?v=...)

## Vestibular



### Vestibular- Means good balance

Depending on how we move our head (rotation/direction/speed), specialised cells send signals to our brain – which then ‘informs’ our body’s reaction.

Example) As a child wobbles on one leg to get dressed, their vestibular system detects head movements, sending signals to the brain, which after processing, sends signals to the body, telling it how to respond & stay balanced.

If a child’s vestibular system is not working well, they may appear clumsy.

The vestibular system can be also likened to the ‘volume control button’ for the body, as quick up/down or spinning head movements tend to ‘wake us up’ BUT slower rocking head movements, or keeping the head still, helps us to calm down.

[SENSORY MINIS - VESTIBULAR - YouTube](#)