

## ROLLER TUNNEL – 41” dia.

Item # 39702

The Roller Tunnel develops bilateral movement as students crawl to make it roll. Bilateral movement is important for engaging both sides of the brain. It is also a vestibular activity.

- Ask students to crawl inside the Roller Tunnel to move it across the floor. Crawling is a great exercise for students who have difficulty in walking. It is also important in the development of the corpus callosum and the suppression of primitive reflexes.
- Log rolls in the Roller Tunnel work rotary movement. This is important for rotary movement to be controlled and limited so it doesn't confuse the student's brain. Allowing the student to log roll at their own speed gives them full control over the level of input they receive from the activity.
- Rocking and swinging are very good for developing the vestibular sense and they are calming activities as well. If a child is overstimulating, allow them to take periodic breaks by sitting in the Roller Tunnel and rocking themselves until calmed.
- Turn the Roller Tunnel on its side, and fill it with pit balls. This creates a mini pit for students to crawl through.



**Beth Gardiner** brings an impressive array of experience and professional affiliations in the gymnastics world, spanning three decades. As owner of Heart of Texas Gymnastics Beth specializes in preschool gymnastics, recreational, compulsory team and special needs gymnastics. Her child-first philosophy and skill-based curriculum have proven effective in building dynamic and highly successful gymnastics programs. Through these, and as a volunteer with Special Olympics and other private organizations, she regularly works with children and adults who have disabilities, researching ways to serve the special needs population in the gym environment. Beth has also served as a USA Gymnastics National Instructor since 1997 and is a 1983 graduate of Texas A&M University.