

EXTRA HEAVY-DUTY INSTITUTIONAL CRAWL TUNNEL

Item # 34319



Tunnels and swings provide close spaces for children who need a little extra assurance. Some children respond well to weighted vests, sitting in a pillow case or wrapping in a towel. The Extra Heavy-Duty Institutional Crawl Tunnel provides an interim step between full body pressure and an open gym environment, giving students a calming space. It also encourages crawling which is a bilateral exercise and helps in cognitive development and primitive reflex suppression.

- Incorporate the Extra Heavy-Duty Institutional Crawl Tunnel into an obstacle course using the “over, under, around and through” theme. This teaches prepositions, and helps with understanding those concepts.

- Place the tunnel away from activity for a calming station. If a child begins to overstimulate, it sometimes helps to remove them from activity and noise. The tunnel is often a great spot for them to calm.

- Engagement with peers is an important skill. Place a student at each end of the tunnel and ask them to roll a ball back and forth to each other through the tunnel. Encourage students to make eye contact and call to each other as they play catch through the tunnel.

***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.*