

Children learn to develop their balance through a variety of games and activities. Balance can be defined as “static” (not in motion) and “dynamic” (while moving). Helping children learn to develop their balance skills may help lead to decreased tripping/falling and increased confidence when playing gross motor games with their friends.

Here are some activities to try:

- set up an obstacle course and practice stepping over/around items placed in your path
- practice stepping in/out small boxes, on/off small steps or “stepping stones”



- practice standing on one leg while doing an activity (ie: kick a ball, knock down a tower of blocks); don't forget to practice on both legs!
- practice walking between taped lines on the floor or chalk lines on the pavement
- practice walking along a narrow surface (ie: 4" wide beam, street curb)
- practice walking on a line, bringing feet closer using a heel toe pattern
- practice different Yoga poses (ie: warrior, tree pose)



- play games that involve stopping/turning/changing directions quickly (ie: Red Light/Green Light, Freeze)
- practice one foot jumping games in forward, sideways and backwards directions
- play a game of hopscotch, alternating the pattern with one foot or two foot

Remember to have fun together and be creative!

If your child complains of any pain or discomfort with the above mentioned activities, please consult your Health Care Provider.