

Balance Suggestions

- ☐ Step over small objects, like a skipping rope, hockey sticks, broom pole, or blocks.
- ☐ Stand on one leg (e.g. while putting shoes on and off). Support from a wall or chair may be required.
- ☐ Stand on one leg while stepping on bubbles, splashing in puddles, count to three standing on one leg before kicking a ball, etc.
- ☐ Stand on one leg while using other leg to move ball forward and backward or side to side.
- ☐ Practice soccer stops (someone rolls ball towards child, child stops ball gently with one foot).
- ☐ Walk backwards. Progress to walking backwards along a line.
- ☐ Walk along sandbox edge, lines, curbs or benches (similar to a mini balance beam). Provide hand support if needed.
- ☐ Walk on uneven ground, up and down small hills, or ramps.
- ☐ Step up and down a low bench, gym mat or blocks.
- ☐ Standing with legs crossed or tandem on line.
- ☐ Play Red Light, Green Light.
- ☐ Cut footprints out of coloured paper and tape in a row on the floor, walk on footprints with each foot.
- ☐ To increase difficulty, arrange footprints in a zig zag or circle. Circle time carpets could be used as well.
- ☐ If hand support is needed, provide as low as possible (at level of child's hip, to decrease child's reliance on support).