

Balancing Act

Develops ability to maintain a controlled body position



Walking on a line, low beam or wobbly surface allows your child to practice their balancing skills. Good balance helps your child become a confident and competent mover. Most kids love the challenge and achievement that comes with successfully making their way across a balance obstacle course.

Test your balance at home or playgroup by walking across these obstacles:

- create a line of pillows (babies will enjoy crawling over this too!)
- draw a fat chalk line on the pavement or stick masking tape across your carpet
- place a wooden plank between two bricks
- stretch out a piece of rope on the ground
- roll a sheet or blanket up into a long sausage for the floor
- lay a broom or mop handle on the floor
- look for gutters, low walls and uneven surfaces when walking in your street



Develops balance and coordination

Increases your child's confidence in activities and play like jumping.



Increases core stability

Helps with fine motor skills like writing.



Assists with self care skills

Balance helps kids with dressing independently.

For more tips and ideas go to fb.me/MightyMoversCBR or bluearth.org