



## **IMPROVING BALANCE AND ENCOURAGING MOVEMENT**

### Balancing activities

- walking on rocks – stepping stones
- walking over uneven surfaces
- balance beam – start with a low one (use board suspended on bricks)
- kickball
- “Simon Says” – have him imitate positions that challenge balance
- hoppity hop
- create obstacle course
- walking on straight, then curved lines on the floor
- hopping, jumping on each foot – basic hop scotch

### Encourage movement activities

- somersaults, roll uphill, downhill
- roll up blanket or beach towel; you pull to roll child out
- hoppity hop
- scooterboard
- playground rides – merry-go-round
- swinging
- running
- “Sit and Spin” – never more than 2 minutes
- suspend a tire: have him sit in different positions (swing, turn, bounce up and down)
- roll in a barrel
- swimming
- Set up obstacle course – using balance beam, stepping stones, jump over 1 or 2 objects, roll over, tumble 2 times, go under the chair, over the cushions, behind the table.