PT Activity of the Week

-Let’s work on Balance when moving-

1. “Walk the line”- A great and simple way for children to practice balance skills is having them walk on a narrowed line. It can be tape that is on the floor in a straight line or even a curved line in the form of a shape or letter. Working on a 2-4” wide line will be a good place to start.

2. “Uneven surfaces” - A great way to activate balance reactions is to have kids stand on a soft surface, they could even work on kneeling on a soft surface. Pillows, air mats are a few ideas that easy to use. Make sure your child is practicing in an open area, where they have plenty of space. They can simply stand if that is a challenge or they can move around and pick items up or reach to get them while staying on.

3. “Lilly pads”- Once your child can walk on a narrow surface or maintain balance on a moving one, have them practice moving from one spot to another. You can tape shapes of colors to the floor several inches apart and have them take a step and try not to fall off. To make it more difficult have the spots further apart or softer, like pillows in a row.

Challenge: Make a 2-3 step obstacle course for them to move through, take turns with them. Try to make one of the steps a balance activity, the others could be crawling or rolling etc…