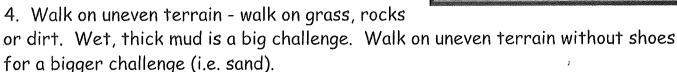
10 Simple Ways to Work on Balance Skills

Here are 10 simple ways for children to work on balance skills throughout the day:

- 1. Walk up and down stairs or curbs each time you take a step you are balancing on one foot.
- 2. Ride a bicycle this task requires postural control and balance.
- 3. Ride a scooter obviously three wheeled scooters are easier than two wheeled scooters.



- 5. Play a game of kickball or soccer. You need to stand on one foot to kick the ball.
- 6. Play follow the leader. Practice walking fast, slow, backwards and sideways.
- 7. Pretend to be a tight rope walker Walk heel to toe along any line, try on your toes or your heels.
- 8. Try putting on your pants in standing this is a real balance challenge to stand on one foot while putting the other leg in pants. Want to make it harder? Try putting socks on in standing without falling.
- 9. Walk along curbs or balance beams at the park.
- 10. Go on a hike searching out some logs or big rocks to climb.

