

# Balance



Physiotherapy Advice

A child with poor balance

- May look clumsy or awkward in their movements
- They may fall a lot – without necessarily tripping over anything
- They may experience difficulty with staying still

## Games to help develop balance

### Tall Kneeling

The aim is to maintain a balanced position without use of hands while:

- bursting bubbles blown by partner
- throwing & catching balloon or ball
- walking forward / back / to the side



### ½ Kneeling

The aim is to keep a balanced position without using arms, as picture above. Keep front foot flat on the ground and pointing forwards.

In this position try

- bursting bubbles blown by partner
- throwing & catching balloon or ball
- reaching out to either side for objects from partner
- How many times can you switch from left half kneeling to right half kneeling without falling over?

Practice getting up from the floor moving from half kneeling to standing without using your hands. Can you do this with either leg leading? Practise doing **slowly**.

## **Standing on 1 leg**

Aim is to maintain a balanced position without putting raised foot to the ground. Initially allow “resting” raised foot on a step/football.



Progress to keeping balance on one leg while:

- standing on a soft mat/cushion eyes open then closed knocking down skittles with foot of raised leg
- draw letters/shapes in the air with your raised foot
- picking up objects with toes & placing in a box

## **Walking along a line**

Walk along a taped/chalk line on the floor (kerb or low wall if outside) with a space between feet ensuring feet are pointing forwards. Then try walking on tip toes or heel to toe staying on the line.

Progress to walking along a “wavy” chalk line/skipping rope. Advance these further by walking while balancing a beanbag on your head.

## **Jumping**



Can you jump along paving stones without landing on the cracks?

How many cushions can you jump over without overbalancing?

Can you jump forward / backwards / to the left or right?

How many jumps can you do in a jumping sack/pillow case? Can you get in and out of the sack without help?

Can you land without wobbling?

## Hopping

Aim is to achieve as many hops as possible without overbalancing.

Your child may need to hold your hand/the wall to gain both control and strength to hop.

When able to hop without support try hopping forwards, and then progress by hopping on the spot or along a row of mats.

Can you hop forwards around cones? Can you hop backwards?

Can you do a sequence of jumping forwards and hopping forwards? Can you do this in different directions?

Can you hop and stop?



## Other activities to assist with balance.

- Play Twister
- Hopscotch
- Obstacle course
- Statues in different positions
- Simon Says game

