

# Life is a balancing act!

10.20.2020

## Things to try-

Balance is not only necessary to navigate our world without trips and falls, it necessary to help us multi -task without having to spend too much energy or attention on where we are in space.

Try these activities to improve balance:

- Try standing on one foot and tap the toes of your opposite foot onto a book in front of you. Progress this activity by stacking more and more books on top of each other. How many taps can you do in one minute?
- Take this activity to the next level by placing the books in a horizontal line in front of you/your child (or in a star pattern, or circle or whatever shape you like around you), stand on one leg and tap each book with the toes of the opposite foot. How fast can you do this without putting your foot down between taps?
- Make it a level 3 challenge (kids LOVE progressing through levels) by standing on one foot and bending over to touch each book with your hand.



## & here is why...

- Kids who have better balance and stability also have better coordination because balance is a pillar skill we build upon.
- Balance skills can promote pretend play – like “walk the plank” which helps children with problem solving skills as well.



# Mannon Motion, Ltd. Co.

*Kori Mannon, MPT*

[mannonmotion@gmail.com](mailto:mannonmotion@gmail.com)

