



Exercise Information sheets

Balance exercises



You can use:

- Balance buckets or Stepping stones
- Air cushions or couch cushions
- Pool noodles
- Tape on the ground or chalk lines
- Building items such as bricks and planks of wood

How to move:

- Walk or leap between stations - tip toe or heel to toe on the lines
- Put your hands down on balance items & pretend it is a rock-climbing wall

Challenge:

- Increase distance between balance items
- Use balance items of different heights
- Bend to pick things up as you (and throw them to a target)

Simplify:

- 2 feet per step
- Put the steps closer together
- Lower the height or use the line taped to the ground
- Hold onto a hoop or a ruler (which is also held by a helpful adult)

Engage:

- Pick up items from the ground along the way (balls / toys / puzzle pieces)
- Balance a soft toy on your head along the path
- Stop at each station along the way to catch and throw a ball

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