

GOALS: Balance

Maintaining Balance

on a stable/static surface
 on a dynamic/moveable surface
 with eyes open
 with eyes closed

Skill Development	Instructions	Exercise
<p>Balance = how well we use our vestibular system (inner ear), our eyes (vision) and our proprioception (the feedback we get through our feet).</p>	<p>Stand in the BOX. Stand with your feet shoulder width apart. Hands relaxed by your side. Look straight ahead.</p> <p>(i) Stand in this position for X seconds.</p> <p>(ii) Close your eyes, and stand in this position for X seconds.</p> <p>(iii) Put a cushion in the box. Stand on the pillow for X seconds.</p> <p>(iv) Close your eyes. Stand on the pillow for X seconds.</p>	<p><u>How many seconds?</u></p> <ul style="list-style-type: none"> • 4 years (8 seconds) • 6 years (10 seconds) • 8 years (12 seconds) • 10 years (14 seconds) • Adults (30 seconds+) <p><u>Look out for:</u></p> <ul style="list-style-type: none"> • Arms moving away from the body. • Loss of balance. • Swaying from side-to-side, or forwards-backwards. <p><u>Layering:</u></p> <ul style="list-style-type: none"> • Try with shoes / without shoes on. • If they struggle with eyes closed, encourage your child to imagine that they are looking straight ahead.

Feedback/Notes