

**GOALS: Figure 8**

Follow Directions  
 Static & Dynamic Balance  
 Postural Control  
 Proprioception - Use of Vision - Vestibular Stimulation

Skill Development	Instructions	Exercise
<p><b>Balance:</b> is the interaction between your inner ear (vestibular system), your eyes (use of vision) and the way you feel the ground through your feet (proprioception).</p> <p><b>Figure 8 (or lazy 8):</b> Encourages crossing the midline, visual-spatial skills, flow and control of motor movements and directionality.</p>	<p>Use the Centre Line as your guide.</p> <p>Start with your feet off the mat at the <b>BOTTOM</b> of the mat.</p> <p>You are going to practice walking a figure of 8 (forwards and backwards) without losing your balance.</p>	<p><u>Figure 8 walking forwards:</u></p> <ul style="list-style-type: none"> <li>• Start with your feet off the mat at the <b>BOTTOM</b> of the mat.</li> <li>• Use the whole mat to walk out the figure 8 shape.</li> <li>• Walk forwards and start circling to make the 8-shape using the whole width of the mat.</li> <li>• Cross where it says middle.</li> </ul> <p><u>Figure 8 walking backwards:</u></p> <ul style="list-style-type: none"> <li>• Turn around and start with your heels at the <b>BOTTOM</b> of the mat.</li> <li>• Use the whole mat to walk out the figure 8 shape.</li> <li>• Walk backwards and start circling to make the 8-shape using the whole width of the mat.</li> <li>• Cross where it says middle.</li> <li>• Look down on the mat to maintain your balance and stay within the boundaries of the mat.</li> </ul>
<b>Feedback / Notes</b>		