



Balance Activities

*Focused on improving standing and walking balance.

- Walking along a beam or line marked on the ground – forwards, backwards, or sideways. Walk along a line, separating feet on either side.
- Stand on one leg – Try closing your eyes while standing on one leg also!
- Stepping up and down or from one step to another
- Walking along different surfaces – mat on floor, foam, etc.
- Balance on wobble or balance board
- Walking on toes or heels

