



## 10 Simple Ways to Work on Balance Skills with children with visual impairments.

These activities aim to improve balance, coordination, core stability and foot placement.

1. Walk up and down single steps or kerbs - each time you take a step you are balancing on one foot. Make sure the step height is not too great for a small child. The child can be supported if necessary by holding hands. Establish secure movement on up and down steps before progressing to unsupported movement.

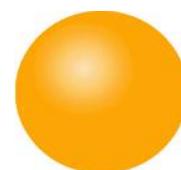
2. Sit 'n' ride toys. Begin with wider, solid wheelbase. Move on to tricycle which reasonably stable, but pedalling and steering require considerable coordination. Watch out for oversteer! Progress to a balance bike - this task requires considerable postural control and balance.

3. Ride a scooter - three wheeled scooters are more stable and therefore, easier than two wheeled scooters.

4. Walk on uneven terrain - walk on grass, rocks or dirt. Wet, thick mud is very challenging. Kick through the leaves in autumn. If sensory issues permit, encourage your child to walk barefoot on grass and wet and dry sand. Wet sand creates the most resistance.



5. Play a game of football. You need to stand on one foot to kick the ball. Swinging the active leg provides further challenges to stability. Choose a large high visibility ball or audible ball initially.



6. Play Find Me, or follow the leader. Practice walking fast, slow, backwards and sideways, hop on one leg, or skip. Alternate with traffic lights, stop go etc. Progress to Pirates or Simon Says.

7. Walk the tight rope - Walk heel to toe along any visible or tactile line. Cross the rickety bridge, this can be a low level beam or even a rope, make the game entertaining by having a crocodile in the water! Progression to stepping stones. Use 3 Billy Goats Gruff as a variation.



8. Try putting trousers/ joggers on whilst standing - it's a real challenge to stand on one foot while putting the other leg into joggers.

9. Look for gross motor activities at the park. Particularly those that encourage rocking and swaying.



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10. Use portable play equipment like Trampolines, wobble boards, Rody etc.



All equipment available from major equipment and toy suppliers. In case of difficulty try



Sensory , balance equipment.

Please contact us for more advice.