

10 Simple Ways to Practice Balance Skills

Here are 10 simple ways to work on balance skills throughout the day:

- Walk up and down stairs or curbs - each time you take a step you are balancing on one foot.
- Ride a bicycle - this task requires postural control and balance
- Ride a scooter - obviously three wheeled scooters are easier than two wheeled scooters.
- Walk on uneven terrain - walk on grass, rocks or dirt. Wet, thick, mud is a big challenge. Walk on uneven terrain with no shoes on for a bigger challenge ie sand.
- Play a game of kickball or soccer. You need to stand on one foot to kick the ball.
- Play follow the leader practicing walking fast, slow, backwards and sideways.
- Pretend to be a tight rope walker - Walk heel to toe along any line, try on your toes or your heels.
- Try putting on your pants in standing position - this is a real balance challenge to stand on one foot while putting the other leg in pants. Want to make it harder? Try putting socks on in standing without falling.
- Walk along curbs or balance beams at the park.
- Go on a hike searching out some logs or big rocks to climb.