



Activities to Improve Postural Control and Balance

- Encourage imaginary play with animal walks (slither like a snake/lizard, kick like a donkey, crawl like a bear, hop like a frog, crawl like a crab, etc.) that allow for him to be closer to the ground
- Practice wheelbarrow walking
- Encourage and assist with crossing the monkey bars (this also helps with bilateral coordination when he is able to alternate his arms)
- At the park or playground, encourage sliding down the fireman's pole, climbing up and down ladders/slides/rock climbing walls, hanging from trapeze bars/monkey bars, and swinging on zip lines
- Play games, watch TV, or read books while lying on his stomach with his weight propped on his elbows
- Play tug-of-war
- Encourage to walk along curbs/ledges, cross wobbly bridges on playgrounds, and walk over uneven surfaces (couch cushions, bean bag chairs).
- Hopscotch-Start with feet together then apart. Once this is mastered move on to hopping from one foot to two feet.
- Walking on stilts
- Standing and performing ball skills on rockerboard, air cushion, dizzy disc, t-stool (no standing)
- Hopping, walking in between rungs of ladder
- Balance beam games, especially those that require bending/squatting
- Exercise ball: games in sitting (i.e., sit ups), in prone (on his stomach) "walking" on hands, reaching/bending side to side
- Riding bikes, scooters
- Draw or paint on vertical surfaces (wall, easel, chalkboard, etc.)
- Encourage help with household chores such as carrying groceries, carrying the laundry basket, taking out the trash, and pushing the vacuum cleaner
- Wii Fit (especially balance, yoga and strength games)
- Community based activities such as yoga, gymnastics, tae kwon do, Fitness for Health