



Trafford Children's Therapy Team
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General ideas for developing balance, co-ordination and core stability

- **Crawling** (develops coordination - laterality, synchronizes right and left body sides)
 - Soft play
 - Treasure Hunt - crawl to find hidden objects
 - Crawl through an obstacle course - *through* (boxes, tyres, pipes, hoops, tunnel) *under* objects (table, large fixed equipment, rug/sheet, chairs, rope, ladder) *around* objects (tree, box, chair, fixed apparatus) *over* objects (pillow, box, mattress, mat.)
- **Climbing** (strengthens muscles, develops posture, gives opportunities for viewing environment from different perspectives)
 - Climb over, up, down boxes, ladders, planks, logs, etc.
 - Up/down steps
 - Along an obstacle course using a variety of equipment of differing heights etc.
- **Balancing** (develops control and coordination through two - sided activity.)
 - Alternate feet inside large shape. Decrease as children become more skilled.
 - Walk along low walls
 - Walk along chalk line, string line or narrow board/use masking tape / ribbon at home
 - Tiny tracks - paths made from placing unit blocks, carpet strips, etc.
 - Use a balance beam. Vary the levels (inclined, declined), type of board etc.
 - Climbing steps/ stairs/ step ladders and walking on knees with hands in the air.

Trafford Council and health services are integrated to improve outcomes for children, young people, their families and schools.



- **Kicking**
 - Balls of different sizes
 - Balloons
 - Aim at a target - set up target areas for children to kick at e.g. "bulls eye"
- **Pushing - Pulling** (Develops control over objects. Used in imaginative play - control over particular body joints)
 - Push along toys, buggies
- **Walking/stepping**
 - In and out of circles, hoops, tyres, outlines
 - Along a line (chalk), piece of string etc.
 - On wide surfaces gradually becoming narrower
 - Following cut outs or painted footsteps etc.
 - Walking to different music tempos

General Activities

- Rolling a ball whilst in a sitting position using both hands to roll and receive the ball
- Walking on uneven surfaces; grass, gravel, slopes
- Stepping over small thresholds independently
- Steps / stairs practice with an adult holding the rail
- Swimming
- Using park equipment or Soft Play centres
- Using Trike / Bike / scooter
- Clubs / Playgroups/gym groups which encourage dance / movement / balance

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