



## HELLO PARENTS,

Balance and coordination are important skills in child development. They allow children to keep their bodies upright and control themselves while performing different tasks. Good balance and coordination reduce the risk of injury, allow children to participate in sports and physical activities, help with proper body posture, and enhance children's attention and focus. In this newsletter, you will find activities that promote balance and coordination.

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### CLIMBING BOX

##### MATERIALS:

- Large sturdy box
- Books to fill the box
- Tape

##### DIRECTIONS:

- Fill the box to the top with books to add weight to the box and support it under your child's weight.
- Tape it shut.
- Have your child explore the box by climbing on it, pushing it around, sitting on it, etc.
- This activity helps with upper body strength and flexibility.

[Click here](#) for more activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### STEPPING STONES

##### MATERIALS:

- Bean bags or books

##### DIRECTIONS:

- Place bean bags or books in a line on the floor spacing them one foot from each other.
- Have your child walk on the "stepping stones" trying not to touch the floor.
- To make it more challenging, spread the "stepping stones" apart or form different shapes. For example: a circle, a wavy line, etc.
- This activity helps with eye-foot coordination.

[Click here](#) for more activities.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### BALANCING WALK

##### MATERIALS:

- Blanket
- Tape
- Book

##### DIRECTIONS:

- Have your child place a folded blanket on their head and walk around the room without dropping it.
- To make it more challenging, place a long piece of tape on the floor and have your child walk on it with the blanket on their head.
- Join your child and try balancing a book on your head.
- This activity helps to improve your child's posture.

[Click here](#) for more activities.

### JK/SK (4 – 6 YEARS)

#### TWIST AND SORT

##### MATERIALS:

- Small stool
- Three buckets
- A few red, blue and yellow blocks
- Red, blue and yellow construction paper
- Marker
- Tape

##### DIRECTIONS:

- Write "red", "yellow" and "blue" on construction paper and tape the labels to the buckets.
- Place the buckets in front of a stool, and scatter the blocks behind it.
- Have your child sit on the stool facing the buckets.
- Ask your child to reach back for one block at a time while sitting firmly on the stool, and then throw the block into the bucket with the same colour label.
- Continue twisting and sorting until all the blocks are in the buckets.
- This activity helps strengthen the core of the body and enhances eye-hand coordination.

[Click here](#) for more games.

### SCHOOL-AGERS (6 – 12 YEARS)

#### THREE-LEGGED RACE

##### MATERIALS:

- Scarves or fabric strips long enough to tie legs together
- Tape
- Timer (optional)

##### DIRECTIONS:

- Divide players into pairs.
- Have each player stand next to their partner and put their arms around each other's waist.
- Tie the partners' inside legs together so that each pair of players has three legs rather than four.
- Use tape to mark a starting line and a finish line.
- Have the players line up at the starting line. At a signal, have players walk or run as fast as they can to the finish line.
- The winner is the pair of players who cross the finish line first.
- This activity helps to improve muscle strength and coordination.

[Click here](#) for more activities.

#### A TIP FOR TODAY

- Visit your neighbourhood playground to practice climbing, jumping, balancing, etc.
- Try various yoga positions with your child to practice endurance and focus.
- Talk to your child about the importance of proper posture.
- Include exercising in your family daily schedule.
- Encourage your child to take frequent breaks from computer or television.