

VIRTUAL CHILDCARE PARENT SUPPORT **SERVICES**

VOLUME #57 PRACTICING BALANCE AND COORDINATION

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
- 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
- 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.

<u>Click here</u> 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
- Tape

DIRECTIONS:

- Write "red", "yellow" and "blue" on construction paper and tape the labels
- 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)

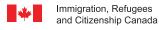
DIRECTIONS:

- Divide players into pairs.
- Have each player stand next to their partner and put their arms around each
- 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
- 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



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