





Learning How to Balance

Week 1			
Activity	How many or how long	How many days	Instructions
Balance on one leg 	10 seconds on each leg	3 days/wk	See if you can stand on only one leg for 10 seconds. Try to stand without holding on to anything with your hands. If you can stand on one leg for 10 seconds, see if you can do the whole ten seconds without moving the foot you are standing on. Hint: Pick a spot on the wall in front of you and stare at it – the more you look only at the one spot straight ahead the better your balance will be. Can you balance for 10 seconds on your left leg as well as your right?

Week 2			
Activity	How many or how long	How many days	Instructions
Balance on the toes of one leg 	10 seconds on each leg	3 days/wk	This week see if you can stand on the tippy toes of only one leg for 10 seconds. Try to stand without holding on to anything with your hands. If you can stand on one leg for 10 seconds, see if you can do the whole ten seconds without moving the foot you are standing on. Remember, pick a spot on the wall in front of you and stare at it to help you balance better. Can you balance for 10 seconds on your left leg as well as your right?

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Week 3			
Activity	How many or how long	How many days	Instructions
Walking on a curb 	20 steps	3 days/wk	Find a curb that is safe to walk on. Try to walk along the curb as far as you can without falling off. Can you do 20 steps on the curb without falling off? If you can, try walking backwards or sideways to make it more fun and interesting. Curbs at the edge of a sidewalk or along the edge of a garden or playground are best. Don't use the curb along the side of a road unless your parents say it is OK. If you can't find a safe curb, you can imagine a curb by using a line on the ground or floor. The key is to put one foot right in front of the other foot as if you are on something narrow.

Week 4			
Activity	How many or how long	How many days	Instructions
Walking tippy-toe on a curb 	20 steps	3 days/wk	This week try the curb walking again but this time try walking on your tippy toes. Try to walk along the curb as far as you can without falling off. Can you do 20 steps without going off of your tippy toes or off of the curb? If you can, try walking backwards or sideways to make it more fun and interesting. Make sure you find a curb that is safe to walk on. The curb on a street that doesn't have any cars driving or a curb at the end of a parking lot or playground are often good choices.