

9 Activities to improve Balance skills at Home

PICK ONE or DO THEM ALL!

(minimal equipment needed / minimal support needed)

Shark Run



(go from one room to another with only 2 pillows without touching the ground)

Duct Tape Flag balance game



<https://www.youtube.com/watch?v=N1LAOQu-81o>

e.g. yellow, blue, red, red
e.g. blue, blue, red, red, yellow

Follow the line



(heel to toe, on tiptoes, jumping on one foot, jumping side to side)

Yoga poses



<https://www.youtube.com/user/CosmicKidsYoga>

Create a GIANT hopscotch on the street (up to 100). Be creative and have fun!



<https://www.youtube.com/watch?v=iftNrS5nmTY>

Participate in obstacle course



Bean bag balance games. Challenge with different sized containers.



PINK OATMEAL

<https://www.youtube.com/watch?v=yipEsanVzrY>

Home-made bowling game with cups and a tossed ball



WHATMOMLOVE.COM

Figure skating on bounce sheets or paper plate/towel

