



Five ways to strengthen stability

In young children, swinging, spinning and rocking helps to develop balance. Here are five simple activities to try at home or your local playground.



1. Roll on the ground. Lie with arms stretched above head and roll. Try rolling down a hill or elevated mat.



2. Turn around in circles – going both ways. Try closed eyes, on tippy toes or down low. Use an office chair, cardboard box or blanket and spin the tamariki.



3. Hang or swing from bars so head of tamariki is lower than their body.



4. Balancing a bean bag or cushion on head or other body part and move, keeping it balanced.



5. Walking along a low wall or log. Ask tamariki to be an aeroplane.



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