

How to Practice Single Leg Stance

Practice putting pants on

Independent dressing takes balance and the only way to put those pants on while standing up is lifting a leg up off of the floor! Dress ups and costumes are great for this!

Stomp Rocket Toy

The Stomp Rocket is FUN and there is instant gratification for balancing on one foot long enough to lift the other foot up and stomp it down!

Razor Scooter

Razor Scooters are great for older kids – with helmets of course! These scooters require one foot to be on the platform as the standing, supporting leg, and one foot to push behind and make the scooter go.

Popping Bubbles With Feet

Some real concentration is needed to target those tiny floating bubbles. Give it a try and see if kids can balance long enough to pop one – or more!

Stuffed Animal Balance Practice

Balance a small stuffed animal on the top of the foot and lift it up into a laundry basket to clean up.

Floor Spots

Place floor spots in a circle around a standing child and have them tap their toe on each color as it is called out. This can be done faster or slower depending on the child's ability to balance with so much movement.

Playground Ball

Stand with one foot up on a playground ball and slowly roll it clockwise, counterclockwise, left and right, forward and backward.

Stickers

Place stickers on a child's shoe and have them lift their foot up to get the sticker off and place it on another surface.

Balloon Volleyball

Try playing balloon volleyball using only your feet!

Kicking

Stack empty cardboard boxes or put small objects on cones and knock them off with a big kick!

Whoopie Cushion

Everyone loves a Whoopie Cushion! Can you place one foot on top without blasting out a big one?

Monkey Elevator

Use the game "Barrel of Monkeys". Position the child in standing. Place a monkey on their foot and have them bring it up to meet their hand to grab it and put it in the barrel.