

Body Stability



In order for a child to develop a stable body, he or she must develop postural control. Postural control requires the development of core muscle strength and stability. Once this is mastered, fine motor skills can become more precise and controlled. Activities that incorporate both the upper and lower body are often used to achieve good body stability.

Classroom Activities:

- Completing activities while on hands and knees (puzzles, blocks).
- Animal walking (crab, bear, etc.)
- Encourage children to try different positions during play, work, or group time (lying on stomach while resting on elbows or side lying).
- Complete pre-writing shapes while on their tummy.
- Have child sit on a therapy ball rather than a chair.
- Chair and/or wall push-ups.
- Hang up artwork on wall with clothespins
- Completing activities on a vertical surface (writing on the dry erase board, painting on an easel).
- Scooter board activities while lying on stomach.
- Play games such as Twister.
- Yoga positions.
- Cleaning the white board, chalkboard or windows.
- Have children hit a balloon or beach ball back and forth without letting it drop to the ground.
- Pushing or moving classroom furniture or equipment.