



Balance Board Activities

Use of a balance board can help to develop balance, core strength and flexibility in the trunk and pelvis. These skills are important for general body awareness and posture.

Safety Factors:

Check the balance board has a non-slip surface. Make sure the child has bare feet or trainer shoes on when using the balance board. Check the floor isn't slippery.

Types of Balance Board:

- Rocker boards; these move back and forth over a cylinder
- Spherical-based boards; these move in all directions
- Extras; some boards incorporate a maze or ball for an extra challenge

Activities:

- Exercises can be carried out sitting, kneeling or standing on the board. Time how long a child can balance on the board and try to extend this.
- Rock from side to side – with feet firmly placed on the board, make slow controlled movements from side to side. Remember to keep the head up.
- Rock backwards and forwards – slowly rock the board from front to back.
- Circular movements – slowly rotate the board using controlled circular movements.

Games to play whilst balancing on the board:

- Exercises can be carried out sitting, kneeling or standing on the board.
Time how long a child can balance on the board and try to extend this.
- Child to throw a beanbag or ball at a target
- Stand with feet firmly placed on the board, make slow controlled movements from side to side.
Remember to keep the head up.
- Rotate the board using controlled circular movements.
- Child can pass a beanbag from hand to hand
- Child to reach to clap and catch bubbles in the air
- Play magnetic fish games whilst standing or kneeling on the board
- Place the board in front of an easel and ask child to complete draw/paint a picture
- Both adult and child or two children balance and see who can stay on the longest

Useful Links:

- Ssissel UK online store; www.sisseluk.com; 01422 885433
- Physiosupplies; www.physiosupplies.com
- Supertramp; www.supertramp.co.uk; 01884 841305
- Return2Fitness; www.return2fitness.co.uk; 01508 570345
- Norlite Medical Ltd; www.norlite.co.uk

Source: Dyspraxia Foundation

Useful Websites

<http://www.livestrong.com/article/144450-balance-board-activities/>

<http://www.youtube.com/watch?v=AE2V7pEYPK8>

<https://www.youtube.com/watch?v=44WKwqLXjLO>

<https://www.youtube.com/watch?v=511jvAjs-Zc>

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