



Boys & Girls Clubs
of Hamilton



Become a Flamingo

- **Supplies:** A step stool or a ball (for a more advanced activity) for your child to rest his foot on.
- **Activity:** Standing on one foot is a challenge for most young children. Start practicing by having your child stand with one foot on the ground while the other is resting on a step stool. If this is too easy, replace the step stool with a large ball, then move to standing on one leg using arms to the side for balance.
- **Advanced Challenge:** Have your child try this activity with his eyes closed. Balance games for kids with their eyes closed are significantly harder than having your eyes open. To really challenge an older, more skilled child, toss a balloon and ask him to strike it back to you with his hands while he stands on one foot.

Balancing will be the foundation for your child's athletic skills as well as many other important abilities, but your child will also be building a foundation for balance from the time they are very young. Your child's physical development, which includes things like bone and muscle growth, has been growing since birth. This will help your child's body prepare to balance while doing things like standing, running, jumping and sitting. Engage your child in a variety of balancing activities to support their physical development.



For more information please go to:

<https://www.primroseschools.com/blog/3-balancing-games-to-practice-with-your-preschooler/>