



# Bright Ideas: Balance & Stability

Going to the playground is a great time for children to work on balance and stability.

Try some of these ideas the next time you go to the park.

- Walk along the curb, putting one foot in front of the other.
- Jump across the cracks in the sidewalk.
- Walk up hills, through sand or snow.
- Ride your bike to the park.
- Climb up and down stairs or ladders.
- Go on the swing, or push a friend on the swing.

**Safety first!** Be sure to supervise children closely around playground and climbing equipment.

It's easy to incorporate balance and stability activities into everyday life.

