



# Balance, Stability and Coordination



Your monthly tips and tricks newsletter completed by your School Occupational Therapist (OT)!



## When do we use balance and coordination skills?

- Printing and cutting 
- Gym class
- Climbing on the playground 
- Using the bathroom
- Eating

## Why it is important: Core Strength

- Motor skills develop from the core outwards
- Ability to maintain an upright posture
- Avoidance of gross motor activities
- Can lead to difficult paying attention



## Why it is important: Hand-Eye Coordination

- It is the ability to interpret visual information and coordinate our movements accordingly.
- It is the communication between our eyes and our hands.
- It supports self-care tasks, printing, and physical activities.





Core strength reduces the energy demands of maintaining good seated posture

## How to work on it: Core Strength

- Gym class: planking, superman, bridges, animal walks, frog hopping, army crawling
- Work positions: lying on stomach, sitting on exercise ball/wiggle cushion/wobble stool, floor sitting with back against the wall
- Complete a floor activity (e.g. puzzle) while lying on stomach over an exercise ball
- Sitting on an exercise ball and reading items or pictures on the wall



## How to work on it: Hand-Eye Coordination

- Copying figures, drawn or made out of various materials (e.g. small blocks)
- Tracing and cutting lines and shapes
- Playing catch
- Scooping and filling buckets of sand 
- Hopscotch
- Bean bag toss (aiming, catching)
- Target games using a ball 
- Measuring items with a measuring tape

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