

Balance - Level 3

3.1.2 Log Roll

Lie down on the mat, now roll along the mat, you can try rolling down a slope. Sometimes it is fun to roll wrapped in a rug or a cloth

Purpose

To promote movement and vestibular processing in a lower position.

Observations

Can the child roll continuously?

Can the child stay on the mat?

Can the child vary the way he / she rolls?

Equipment

Mats

Soft play equipment to form an incline

Rugs, towels, sheets to wrap the child in