

Balance - Level 3

3.1.1 Star Fish

Lying on the floor spread your arms and legs out like a starfish, now curl up lifting your head and holding your arms and legs together, now let the starfish stretch out again.

Purpose

To promote movement and vestibular processing in a lower position.

Observations

Can the child change position from curled up to stretched out?

Can they hold the position?

Can they balance curled up?

Equipment

Mats