

## **Balance - Level 3**

### **3.1.3 Twirling Tops**

Pretend you are a spinning top. Stand with your arms out and twirl around. Stop and twirl in the other direction.

#### **Purpose**

To promote movement, balance, balance reactions, equilibrium and vestibular processing in an up right position.

#### **Observations**

Can the child do several turns?

Can they stop, start and change?

Do they fall over or feel dizzy?

#### **Equipment**

Mats