

Balance - Level 1

1.1.3 Magic Carpet

Sit and lie down on your tummy or back in the middle of a blanket or sheet. Let's pretend you are being pulled on a magic carpet. This can be done individually or as a group.

Purpose

To promote balance reactions.

To promote core stability.

Observation

Can the child maintain the position?

Do they tolerate being pulled in all directions?

Equipment

Blanket

Sheet

Parachute

Soft carpet or rug