

# **Balance - Level 1**

## **1.1.4 Stamping Game**

In sitting or standing stamp your feet, stamp with one foot and then the other foot. Can you do the stamping walk?

### **Purpose**

To promote balance reactions in standing.

To promote one leg balance.

### **Observation**

Can the child stamp with both legs?

Can the child stamp and move?

Can the child keep their balance?

### **Equipment**

Mats