

## **Balance - Level 2**

### **2.1.3 Moon Landscape**

Crawling on a moon landscape, use a variety of soft surfaces. Arrange cushions under the materials, so that the surface is uneven. Ensure mats are placed around the edge for safety.

#### **Purpose**

To promote balance reactions.

To enhance the processing of vestibular stimulation in a variety of body positions.

To promote tactile stimulation.

To promote motor planning.

#### **Observation**

Is the child able to maintain their balance?

Does the child adapt to the uneven surfaces and variations in height?

#### **Equipment**

Mats

Cushions

Different textured materials