



# Gross Motor Skills - Balance & Vestibular

## Balance

**Primary purpose:** to encourage balance and body awareness. When a child walks slowly across balance lines or a balance beam, his/her body is developing balance and learning where it is in space.

**Classroom relevance:** Body awareness helps children sit still and remain seated in their chairs. This skill also leads to understanding one's own left and right and, in turn, having the ability to read from left to right. Children who have problems with body awareness may fall out of their chairs; have a short attention span or reverse letters or words.

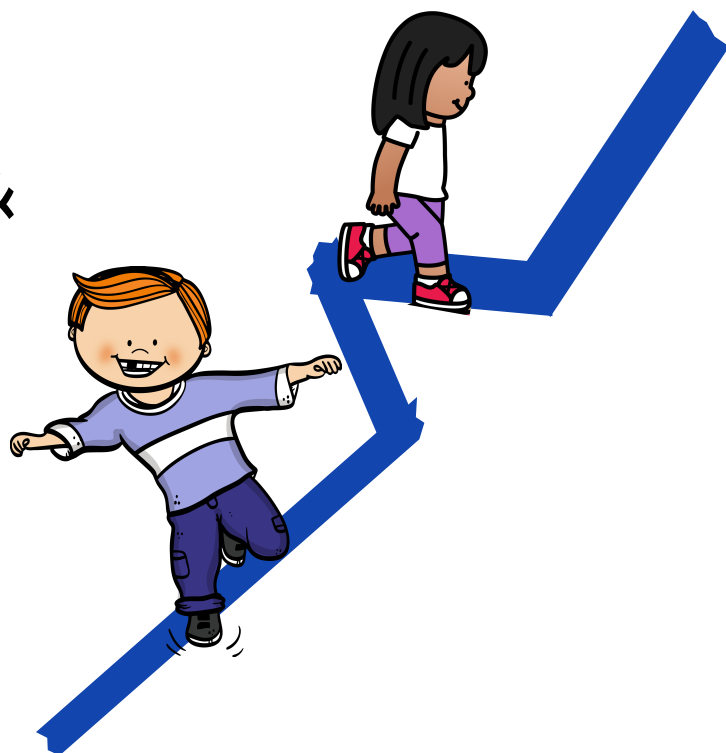


**No beam or wooden plank?**

[https://  
bsmartbermuda.wistia.c  
om/medias/6jawdsxlyi](https://bsmartbermuda.wistia.com/medias/6jawdsxlyi)

**We use painter's tape  
for many balance  
activities!**

**Children should walk  
slowly in a heel-toe  
manner.**



# Vestibular

**Primary purpose:** to encourage body awareness. When a child is rolling or spinning, the fluid in the inner ear is moving and sending information about where the child's body is in space.

**Classroom relevance:** Body awareness helps children sit still and remain seated in their chairs. Additionally, this skill leads to understanding one's own left and right and, in turn, having the ability to read from left to right. Children who have problems with body awareness may fall out of their chairs; have a short attention span or reverse letters or words.

## Rolling and Spinning



## Pencil Roll Clip

