

THE BARREL

The Barrel facilitates vestibular input, balance, spatial and body awareness, motor planning and core strengthening.

Dimensions: 70 x 60 x 60 cm



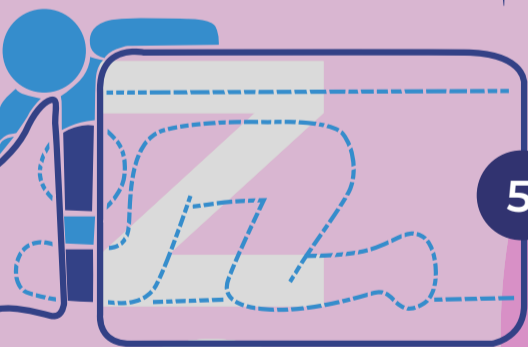
1 Roll inside barrel

2 Roll on top of barrel – forwards and backwards

3 Push and Roll Barrel over mats to challenge child's strength

ADD TUNNEL

4 Crawl through the barrel and tunnel on all fours

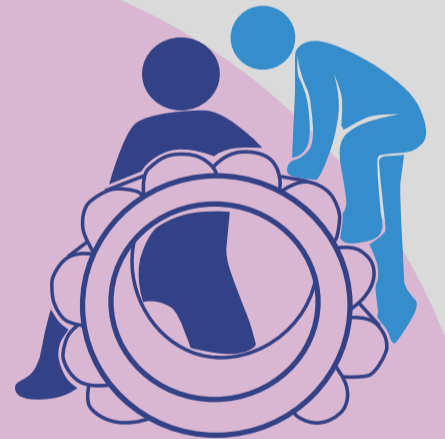


5 Place obstacles in the tunnel for your child to climb over



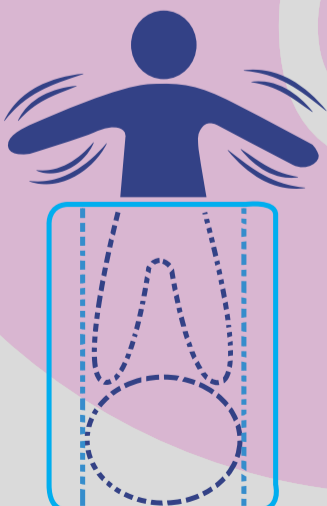
ADD BUMPS

6 Place bumps over the barrel and walk over the bumps and down again. Place bumps inside barrel and crawl through barrel over the bumps



ADD BALL (45CM,

7 Place the 45cm ball into the barrel and balance



8 Place the 45cm ball into the barrel and jump

