



7 Activities to Improve Core Strength, Postural Control and Balance in Children

YOUTUBE FREEBIE

Core strength, postural control, and balance are all skills that a child needs to develop in order to complete a variety of childhood activities with confidence and ease. Things like running, riding a bicycle, climbing, and swinging all require these skills.

Try these 7 activities to improve your child's core strength, postural control, and balance!

1 VISUAL - VESTIBULAR INTEGRATION

The vestibular system has a direct connection to balance and postural control, while simultaneously connecting to the visual system. Incorporating these two senses - vestibular and visual - is a vital key to helping develop balance and postural control.

- Robot Zapping
- Over-Unders
- Swinging while throwing to a target
- Running and catching
- Swinging while reading a visual chart

2 PRIMITIVE REFLEX INTEGRATION

Primitive reflexes lay the foundation for many things, including core strength and balance. If certain primitive reflexes are retained (aka stuck in the body), these skills cannot develop.

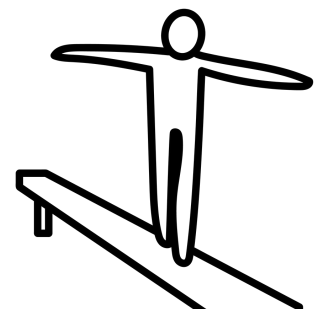
- Moro
- TLR and Landau
- ATNR
- STNR

Learn how to test for primitive reflexes and learn how to integrate them if they are retained in our [Primitive Reflex Digital Course](#).

3 THERAPY BALL ACTIVITIES

Using a therapy ball (aka yoga or exercise ball) during play activities is a great way to boost core strength and postural control.

- Ball walk-outs
- Laying upside down then completing a sit up
- Sitting and bouncing
- Sitting and picking up objects with toes to then place into a container



4 BALANCE BEAMS AND BALANCE BUCKETS

If you don't have specific balance beams or buckets, you can roll up a blanket to create a balance beam and use pillows to walk or hop across as balance buckets.

Include these into obstacle course activities. Switch it up and walk backwards or sideways, try bear crawling across, or even jumping up and down from the beams.

- [Curved Balance Beam](#)
- [Connected Balance Buckets](#)

5 BILATERAL COORDINATION ACTIVITIES

Coordination of both sides of the body, as well as coordination of the arms and legs together, requires development of the core muscles and postural control. Include these activities into the daily routine and/or obstacle courses.

- Cross crawls
- Bird dogs
- Tall kneel / split kneel while playing [Zoomball](#)
- Jumping jacks

6 BOSU BALANCE ACTIVITIES

Using a [Bosu Balance Ball](#) is a great way to develop core strength, postural control, and balance. There are so many different activities to do with this one item!

- Jumping onto and off the Bosu
- Standing, bend and reach for items that are on the floor
- Balance on all 4's (with the Bosu upside down)

7 SWINGS

Not only does swinging provide great vestibular input (remember activity #1?!) but when your child swings on an un-enclosed / open swing, they must engage their core in order to remain upright, therefore working on core strength and postural control.

This can be a regular playground swing or a platform swing or even a tire swing!

- Swing while catching items and throwing items to a target
- Swing while reading a visual chart
- Try changing directions of the swing

BONUS Ideas!

1 OBSTACLE COURSES

When completing obstacle courses, your child is engaging their core muscles throughout! Include one or all of the activities listed in this handout to incorporate a little bit of everything! Learn how to build a great obstacle course by watching [this YouTube video](#).

2 ANIMAL WALKS

Different types of animal walks will build core muscles and balance!

- Bear walk
- Crab walk
- Wheelbarrow walk
- Frog jumps

3 SPORTS ACTIVITIES

A variety of sporting activities help develop core strength and postural control and can be modified to fit a variety of needs.

- Karate / martial arts
- Swimming
- Soccer
- Gymnastics

Want more help?!

[CHECK OUT OUR GROSS MOTOR SKILLS ACTIVITY COURSE](#)

This mini activity course provides you with a toolbox of activities that target gross motor skill development using:

- A therapy ball
- A scooter board
- Hula hoops
- A bosu balance ball

You'll learn activities that help build core strength, coordination, postural control, body awareness, and MORE!

<https://harkla.co/products/gross-motor-skills-activity-course>