

COME AND BE NUTZ WITH US!

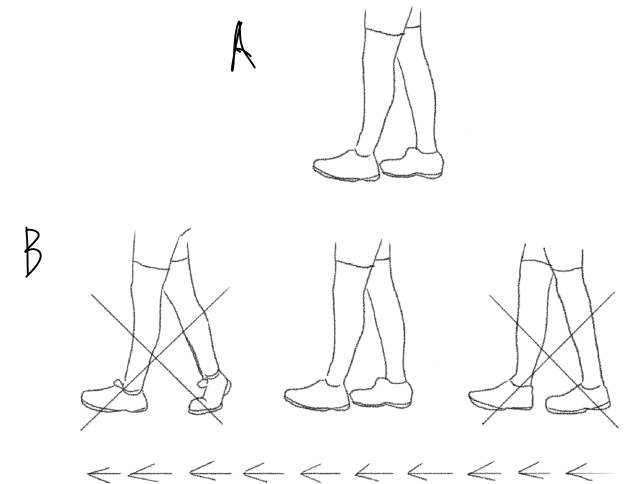


Getting your children to move and do some fun exercise is vitally important for their health and development. Try this short and fun activity today.

Heel-toe walking!

How to

- Start by demonstrating the heel-toe stand and asking your child to do the same (see image A). Try to hold it there for a few seconds.
- Now draw a line on the ground. Let the child walk heel-to-toe along the line, making sure their heel touches the other foot's toes with each step. They can try forwards and backwards.
- Give your children a piece of chalk or tape and ask them to make roads, shapes, patterns and lines that they need to heel-toe walk along. Challenge each other!
- Try including uneven surfaces such as blankets, a balance beam or even a hose pipe to make it more challenging.
- For older children or adults, see if you can rotate a ball around their waist while walking heel-to-toe or throw and catch the ball. Be creative!



Why?

Heel-toe walking is a foundational skill in the development of balance as it promotes:

- Static balance (balance while being still)
- Dynamic balance (balance while moving or being on a moving surface)
- Spatial awareness
- Core strength

It only
takes
5
minutes!