

7 Balloon Activities: For balance and visual-motor.

1. Place balloons approximately 1 foot apart on the floor in a line. Have the client step over each balloon (this can also be done between parallel bars). You may also use different sized balloons.
2. Tape balloon/s down to the floor (or tie 3 balloons together which creates enough weight to make it stable) and have client stand and lift one leg at a time to tap the top of the balloon without moving the balloon.
3. With balloons placed in a row on the floor, have client straddle leg walk along the line. [The balloon row is between their feet as they walk.]
4. Lay supine on the mat and have client lift legs slowly keeping back pressed to the mat while also keeping balloon between knees.
5. While supine on the mat with knees bent and the balloon between them, tilt knees side to side.
6. Balloon tossing between both hands can be done in a seated, standing, or laying prone positions. An option to this can be tapping the ball upward.
7. Two balloons placed apart on the floor can allow the client to walk in a figure 8 around them.

