

Shuffle



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Children can shuffle until they are confident to walk and it will help develop their balance.

Method

Ask the child to move forward without lifting their feet off the ground.

Things to Try

- Place beanbags or similar objects on children's feet, which are their 'eggs' and they should shuffle along as 'penguins' whilst trying not to drop their eggs.
- Children can shuffle on balancing beams until they develop confidence to walk.