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Swing and sway

- Instruction:** Example: With these straps, children have the opportunity to enjoy a variety of movement experiences. Applying the appropriate amount of force is necessary to achieve body stability in the standing position. Perception skills are required to climb when in the other harness. Falling backwards and landing with the knees in the harness requires emotional stability, a healthy self-confidence, and the will to take on new challenges. Exploration - Coordination - Tone - Action Planning
- Material:** Things to swing and sway, like harnesses and climbing harnesses
- Keywords:** force dosage, body stability, perceptual skills, spatial awareness, vestibular system, kinesthetics, proprioception, emotional stability, self-confidence, action planning, self-education, creativity.