

4 FUN WAYS TO USE A SENSORY BALANCE DISC

Are you looking for fun ways to use your sensory balance disc? Check out these fun exercises suitable for both children and adults !

01

Seated Wobble Time

Place the disc on a chair for sitting during meals, homework, or quiet time.

- ✓ Improves posture
- ✓ Builds core strength
- ✓ Helps with focus & calm



02

Stand & Balance Game

Stand with both feet on the disc — how long can they balance?

- ✓ Improves coordination
- ✓ Strengthens balance
- ✓ Fun sensory challenge!

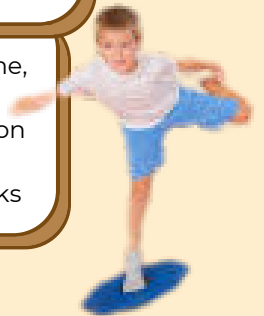


03

Single-Leg Challenge

Stand on one foot at a time, switch legs!

- ✓ Improves proprioception
- ✓ Builds motor control
- ✓ Great for sensory breaks



04

Obstacle Course Station

Add the disc to a sensory path or movement course.

- ✓ Combines multiple sensory inputs
- ✓ Promotes body awareness
- ✓ Keeps things exciting!



ORDER NOW

www.laburp.com

