Roll, Reach and Balance

PACK 2 / Dyspraxia (DCD)

INSTRUCTIONS & ADAPTATIONS FOR ADULTS



Short, supported play for children aged 3-5. Model, pause and let the child choose how to join in.

What you need

Large soft ball, safe open space, optional simple ramp.

Getting started

Set a comfortable target close to the child.

Try it together

1. Choose a target together.
2. Model rolling or gently pushing a soft ball.
3. Move the target closer or farther if the child wants to.

Choices and adaptations

- Roll from a seated or supported position.
- Try pushing a soft toy along the floor.
- Use a ramp or reduce the distance.
- Taking turns is optional.

How to keep it playful

Offer choices without checking for a correct response. Point, demonstrate, wait and follow the child. A little play is enough.

Safety: Use lightweight soft equipment and stable seating; avoid unstable balance tasks.