



## BeBalanced! FOR KIDS I





## BeBalanced! for Kids



Balance training is a new opportunity to improve and promote pre- and primary school age children's motor co-ordination and flexibility in a playful way. The exercises are carried out barefoot on the skin friendly and warm AIREX® Balance-pad Plus.

The AIREX® Balance-pad Plus is a special foam cushion, which consist of millions of air bubbles. The Pad yields softly to the feet and standing on it generates a positive feeling that can only be likened to standing on clouds. A non-slip adhesive film on the bottom of the pad prevents the Pad from slipping on smooth floors.



### Advantages of the AIREX® Balance-pad Plus

- warm and comfortable to touch
- hygienic through SANITIZED® treatment
- easy to clean
- hard wearing and long lasting
- multifunctional use
- closed-cell structure, impervious to water

# Exercises, games and fun on the AIREX® Balance-pad Plus



The number of exercises and games that can be carried out on the AIREX® Balance-pad Plus are limitless. The complexity and kind of exercises that can be carried out on the Pad increase with the age of the children. Even exercises that are made-up by children themselves are welcome and simultaneously promote children's creativity.

## Examples

- **Island hopping** – The children hop from Pad to Pad without falling into the water.
- **Giant and dwarf** – Children stand on the Pad and stretch up high and crouch down low on the floor.
- **Aeroplane** – Children lie on the Pad with their belly and rock from side to side with outstretched 'wings'.
- **Ball** – Two children stand on Pads facing each other. If the child without the ball claps once, the other throws the ball over to it, if the child claps twice, the ball is rolled over to it on the floor.
- **Ball** – Two children stand facing each other on the Pads on one leg and throw the ball to one another.
- **Theraband** – Two children stand on one leg on Pads facing each other and one of the children tries to pull the other off the Pad.
- **Messenger** – Children run to the Pad, stand on one leg and count to five.
- **Messenger** – Children jump through a hoop, stand in aeroplane position on the Pad and hop with the Hoppy Ball.
- **Musical 'Pads'** – The children run around the Pads in a circle when the music is being played, have to get onto a Pad when the music stops and stand on one leg, sit down with angled legs or lie down on their bellies with arms and legs pulled up. One Pad is always removed after each round and one child drops out.

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for

Kids



## AIREX® Balance-pad Plus

Length: approx. 50 cm  
Width: approx. 41 cm  
Depth: approx. 60 mm  
Colour: blue  
Weight: 0.7 kg

## Using the AIREX® Balance-pad Plus for games and exercises improves:

- co-ordination
- reaction
- flexibility
- natural urge to be active
- balance
- stamina

Distributed by:

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