

GOING BAREFOOT: 10 FUN ACTIVITIES FOR KIDS

Sensory Benefits

Having the experience of various textures and surfaces touching the skin of the feet can help kids increase their tolerance for a variety of tactile sensory experiences.

Balance Benefits

As the tactile system receives all of these messages about the surfaces kids are walking on, the vestibular system helps them balance when standing and moving.

How Going Barefoot Affects Body Awareness

When a child walks or stands on prickly grass or squishy carpet, he is much more aware of where his feet are in relation to the rest of his body without even having to think about it.

Orthopedic Benefits

Without the restriction of shoes, more movement is permitted through the forefoot (toes) which helps develop foot strength and development of the arches of the feet. Across the varying surfaces and textures, the toes work to grip and splay to make better surface contact thereby increasing proprioceptive input for balance.

10 Fun Activities for Kids to Encourage Going Barefoot

- 1 || Go for a creek walk or splash in rain/mud puddles
- 2 || Try a balance beam or slack line or balance on a log outside!
- 3 || Play a game of Underwater Pearls
- 4 || Create your own barefoot Sensory Path
- 5 || Finger paint...with your feet
- 6 || Try a Feet in the Sand Activity
- 7 || Draw with your feet
- 8 || Practice animal and other walks:
Try walking on heels, walking on toes, walking on the outer edges of feet, jumping, hopping, taking baby steps, taking big steps, crab walking, bear crawling, frog jumping
- 9 || Have a barefoot beanbag tossing contest
- 10 || Climb a rock wall or ladders on the swing set or on the playground.