

Line Up For Balance

Equipment Needed:

✓ Chalk/tape

OPTIONAL:

✓ Bean bags- one per player

Get Ready!

CREATE lines using the chalk or tape. Lines should be 10-20 feet long and can be straight, curvy, or zig-zagged.

Instructions:

1. Walk along the line you created keeping your feet on the lines.
2. Make it more challenging by walking in one of the following ways:
 - Walk in a zig-zag line
 - Walk heel-to-toe
 - Walk on toes or heels
 - Walk while balancing a bean bag on your head, shoulder, etc.
 - Hop on one foot
 - Walk sideways along the line

These modifications will make it harder to balance and more fun!

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

Today we worked on balance. Can you name some other activities that require balance?

What are some ways we can practice balance.

What was your favorite way to walk along the line? What was the most challenging way you tried?