



# Line Up for Balance



## Equipment Needed:

- ✓ Chalk or tape
- ✓ 1 bean bag per player (optional)

**TIP:** *Don't have the items needed to play? Use lines that are already on the ground. Use any soft object, such as rolled-up socks, in place of a bean bag.*

## Get Ready!

**Create** lines using the chalk or tape. Lines should be 10-20 feet in length, and can be straight, curvy, or zig-zagged.

## Instructions:

1. Each player will walk along the line you created, keeping their feet on the lines. If someone falls off, that's okay! Get back on the line and keep moving.
2. Make the task more challenging by walking in one of the following ways:
  - Walk in a zig-zag line
  - Walk heel-to-toe
  - Walk on tip-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 make the activity more fun!

## Family Talking Points:

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

1. Today we worked on balance. Can you name some other activities that require balance?
2. What are some ways we can practice balance?
3. What was your favorite way to walk along the line? What was the most challenging way you tried?